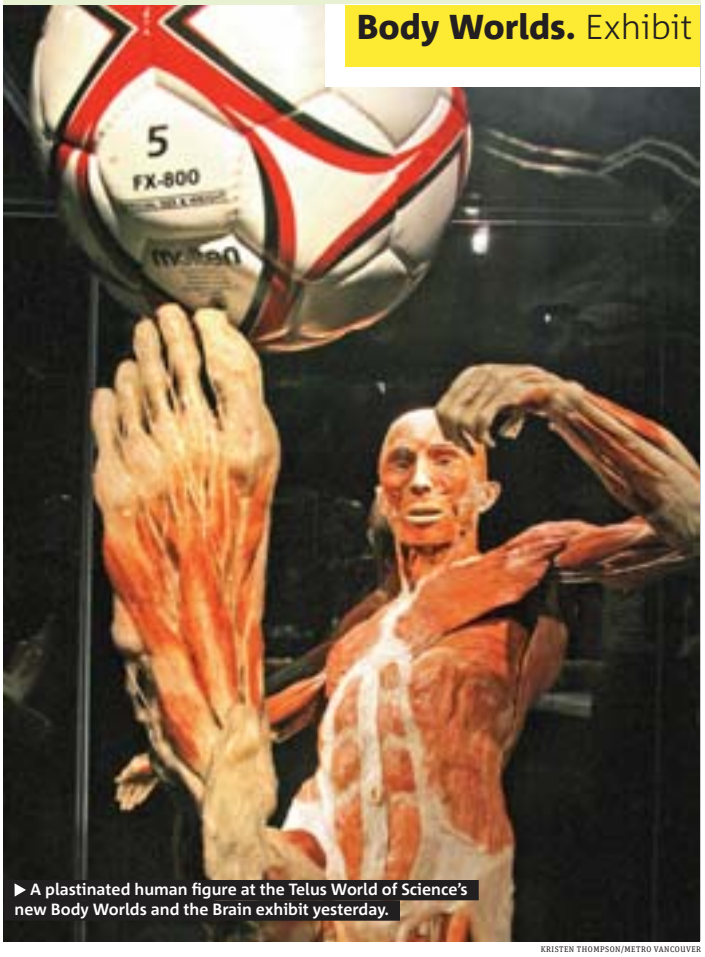
WHOPPER OF A SANDWICH
LUNCH RUSH DISHES ON THE ANACONDA {page 28}

RUNWAY ROUNDUP
A LOOK AT THE TRENDS FROM NEW YORK FASHION WEEK {page 23}

BETTY
REMEMBERING THE GOLDEN YEARS {page 12}

VANCOUVER metro®
Thursday, September 16, 2010
www.metronews.ca
Share this copy with a friend

Body Worlds. Exhibit



▶ A plastinated human figure at the Telus World of Science's new Body Worlds and the Brain exhibit yesterday.

KRISTEN THOMPSON/METRO VANCOUVER

Glimpse at what lies beneath

The travelling Body Worlds and the Brain exhibition opens to the Vancouver public today and features more than 200 human specimens, including full figures posed playing sports or dancing, as well as cross-sections and organs. For more information or to buy tickets, visit scienceworld.ca. Story, pages 6 & 7.

Sexy dress code spurs complaint

Shark Club bartender says dress code for female workers includes high heels, miniskirts and shirts showing cleavage Alleges customers inappropriately propositioned her as a result of her style of clothing

STEPHANIE ORFORD
VANCOUVER@METRONEWS.CA

Karolina Bil, a former bartender, has filed a human rights complaint against the Shark Club Richmond claiming gender-based discrimination.

Her complaint alleges that female employees were required to do their hair and makeup with "class and sex appeal" and that the most attractive servers were given the best shifts.

In response to the complaint, the Shark Club denied it discriminated against anyone and that if Bil felt that way, she failed to raise any issues.

The human rights hearing takes place April from next 19 to 21.

MORE COVERAGE, PAGE 3

Local

Cops back gun registry

Much-maligned tool saves lives, police argue Registry's future to be decided next week in Ottawa {page 3}

Step back in time

Actor delves into gritty role for Boardwalk Empire {page 13}

A talk with Tom

Comedian Green chats ahead of Vancouver show {page 6}

™Trademark used under license. ©2010.
chatr wireless
no worries talk happy™
Worry-free unlimited talk within a chatr zone
$35 per month
chatrwireless.com
WIRELESSWAVE FUTURE SHOP booth BEST BUY Zellers LONDON DRUGS WIRELESS etc... chatr stores

Dress
$17.95
H&M

Skimpy garb not out of ordinary

Dress codes that require short skirts, cleavage-baring tops and high heels have been brought to the fore by a human-rights complaint against the Shark Club Richmond, but are hardly uncommon in Vancouver's service industry.

A female server at a Lower Mainland Earls Restaurant and Bar, who asked not to be named, told Metro yesterday that Earls requires their female servers to wear skirts and "a substantial heel," a rule that she said is "strictly enforced."

Managers at Earls also encourage female servers to wear their hair down and put on more makeup, according to the source.

The high heels hurt her feet, she says, "especially when you're carrying heavy trays, and you have to walk for six to eight hours sometimes, non-stop."

She added that wearing heels does not get her more tips.

Jeff Ace said on Granville Street yesterday that he's a former waiter.

"Lots of jobs have a dress code. You've got to kind of look the part," he said. "I know when I was a waiter, I'd make half the tips the girls would."

STEPHANIE ORFORD

Dangerous heights

Christian Johannsen, a certified pedorthist at Foot Solutions, says he doesn't recommend wearing high heels for lengthy periods at a stretch.

- High heels cause increased forefoot pressure that can lead to problems including metatarsal pain and nerve damage, he said, especially for those standing in heels for extended periods of time.
- High-heeled shoes "cause the calf muscle to appear more elongated, and it helps the gluteus maximus, in terms of showing it off more. That's the appeal behind it. Is it really worth the long-term effects of foot pain?" Johannsen asked.

Long-gun registry saves lives, police say

Prime minister has called $1-billion registry a waste that targets honest citizens MPs to vote on registry's future next week

Vancouver police officials gathered yesterday to voice their support for the long-gun registry — its success is vital because it's a lifesaver, they said.

"We're convinced the gun registry has helped to save lives, and will continue to save more lives in the future," said Glen Wong with the Vancouver Police Board.

The gun registry, which has been mandatory since 2003, requires Canadian gun owners to register their firearms. Unless Bill C391 is passed Sept. 22, long guns, such as hunting rifles, will be excluded.

"I want to be perfectly clear. The B.C. Association of Chiefs of Police supports the continuation of the firearms registry as a crucial component of both the public and officer safety," said Chief Const. Clayton Pecknold, president of the BCACP.

"The registry gives police officers ... reliable information so they can make the best possible decision (when) going into potentially dangerous situations.

"Eliminating (it) will inevitably and needlessly endanger the lives of police and the citizens they serve."

SARAH N. FITZGERALD

2,700

The registry is accessed more than 2,700 times daily by B.C. police officers. That number increases to 14,000 nationally.

▶ Vancouver police Const. Lindsey Houghton with a weapon classified as a long gun.

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Prominent women's group teams with police, doctors to urge Ottawa to save gun registry. Video at metronews.ca/canada

Follow us on Twitter @vancouvermetro

DeSerres
DESERRES THINKS BIG!
1629, Main Street
1431, West Brodway Street
19.95
Introductory price
Lunch Box
Individual plate with fork and sauce container.
Microwave and dishwasher safe.
BBBA00...
Available colours
NEW
London Designer Black & Blum
FINE ARTS
CREATIVE DIY
GRAPHIC ARTS
ACTIVITIES FOR KIDS
SCRAPBOOKING & FINE PAPERS
STICK-ON DECORATION
FRAMING
FURNITURE
BOOKS
*Price effective until September 26, 2010 or while supplies last
26 stores across Canada | Since 1908
Proudly Canadian
Shop online DESERRES.CA

Chefs share celeb diet tips

In Vancouver to promote new book Say eating fibre is the key to maintaining a movie star-like body

Jennifer Aniston keeps her trim, fit figure not by banishing certain foods from her diet but by eating in moderation and sticking with fresh food, according the starlet's personal chefs, who were in town yesterday reminding Vancouverites to, well, eat their fibre.

KRISTEN THOMPSON/METRO VANCOUVER

▶ Jill and Jewels Elmore.

The dynamic duo — sisters Jill and Jewels Elmore — said if there's one thing we should all be eating more of, it's fibre.

For example, they use All Bran buds to coat salmon cakes and chicken, and mix the cereal with almonds to top fruit bakes — tricks that have helped to keep Aniston looking great.

"Jen is a really amazing example of all the right things to do for your body," Jill said. "She eats beautiful healthy food and is disciplined, but does have treats."

● KRISTEN THOMPSON

Virtual. Volleyball

▶ Pro volleyballer Leah Allinger at Future Shop's Canadian headquarters in Burnaby yesterday.

JEFF HODSON/METRO VANCOUVER

Just a day at the virtual beach

Media got a sneak peak at the new PlayStation Move yesterday, competing against Allinger in "Sports Champions" volleyball. The PS3 motion-gaming system, which launches nationwide tomorrow, is Sony's push into the family gaming market.

Continental Hair
AND WORLD RENOWNED EXPERT
Michael Suba
ARE COMING TO
The Four Seasons Hotel Vancouver September 15,16 & 17.
TO BOOK YOUR PRIVATE CONSULTATION CALL
1.416.923.7747 NOW.
Spaces are limited.

HP PHOTOSMART e-All-in-One

TOUCH THE *web.*

print THE WEB.

Introducing the all-new HP Photosmart e-All-in-One with Touchsmart Web. Print lab-quality photos, everyday documents and Web content on the fly, without using a PC.[1] With Dreamworks Animation printables, Disney colouring pages, Sudoku puzzles and more right at your fingertips. Integrated wireless makes it easy to share the all-in-one with multiple PCs and print from any room in the house.[2] It's printing like you've never felt before.

To learn more, visit **hp.ca/touchtheweb** or visit your nearest Best Buy, Future Shop, London Drugs, Staples or The Source.

$139.99*

HIT **PRINT**
BRILLIANTLY

© 2010 Hewlett-Packard Development Company, L.P. © 2010 DreamWorks Animation LLC. © Disney. [1]Requires an Internet connection to the printer. [2] Wireless performance is dependent upon physical environment and distance from access point. *All prices are suggested retail price in Canadian dollars. Retailer may sell for less and prices are subject to change. Not all products available at all locations. Availability of apps varies by country and language.

60 seconds

TOM GREEN

"IT'S DRIVING ME COMPLETELY ... NUTS"

On top of a film and a rap album he's writing, Tom Green will be at the 2010 Global ComedyFest Vancouver that starts today and runs until Sept. 26. Metro chatted with him from L.A. ahead of his Vancouver performance Sept. 24.

What's your inspiration for this upcoming show?
Facebook and computers and text messaging are changing the way we are living our lives ... Some of this stuff might not be all it's cracked up to be ... It's driving me completely, you know, nuts.

Years ago you did a bit in Vancouver where you pretended to be injured. How did that help your career?
Yeah, we shot one bit where I would walk down the street with crutches on and I was falling down on the streets of Vancouver. That was one of my favourite bits we ever did. That played a big part in me getting picked up by MTV.

It's cool to know that Vancouver had a hand in that.
When I started my show, we drove from Ottawa to Vancouver and back in a van that we borrowed off a kid we met on the Internet in 1996. I remember the mission was, "We've just gotta get to Vancouver." I'd never been there before at the time, so it was so exciting to have that destination.

What's your favourite thing about Vancouver?
I really like Chinatown. I've always enjoyed going and filming bits and getting kicked out of there.

STEPHANIE ORFORD

Your finances shouldn't feel like a final exam.

Introducing BMO SmartSteps® for Students.

Sign up today for BMO SmartSteps for Students – a great way to help you save some cash this semester. Open a NO FEE bank account and enjoy free banking during school and for one year after graduation[1]. Plus, we'll give you a FREE SPC®‡ Card[2], so you can enjoy deals at hundreds of SPC retailers all year long.

And, sign up today to be entered into the BMO Battle Your Budget contest, where you could win 1 of 15 $1,500 prizes[3].

Visit bmo.com/student to find out more.

BMO Bank of Montreal
Making money make sense®

[1]With the Student and Young Adult Discount Program applied to the Plus Plan when a Primary Chequing or Premium Rate Savings account is opened. Customer is responsible for all the fees of any transactions, services and products not included in the Plus Plan. [2]The Student Price Card (SPC) will take 3-4 weeks for delivery. Customers with a BMO SPC MasterCard®* will not receive a separate SPC Card with their account. [3]No purchase necessary. Contest closes November 30, 2010. Full contest details available at bmo.com/student. ®Registered trade-marks of Bank of Montreal. ®‡Registered trade-mark of Student Price Card Ltd. ®*Registered trade-mark of MasterCard International Incorporated.

▶ A plastinated and dissected human face at the new Body Worlds exhibit at the Telus World of Science.

Inner connection

More than 11,000 people have volunteered their bodies to the Body Worlds program, 96 of whom were or are Canadian Most of the donors were German

KRISTEN THOMPSON
@METRONEWS.CA

The world's most visited travelling attraction, Body Worlds — which creatively displays preserved human bodies — is back in Vancouver today, but be forewarned, it's not for the queasy.

Body Worlds has been touring North America, Asia and Europe since its first display in Tokyo in 1995, and opens at the Telus World of Science today for a special exhibit on the brain.

There are more than 200 human specimens including full figures posed in the midst of action, as well as cross-sections and organs.

Angelina Whalley, creative designer of Body Worlds and wife of its creator, Gunther von Hagens, said the 30 million people who have seen the exhibit are lured by a mixture of curiosity and a natural interest in anatomy.

Plastination

German anatomist Gunther von Hagens invented and patented plastination — the method by which the Body Worlds figures are preserved — in the 1970s.

"People have a very profound encounter with their inner self (at the exhibit), which makes them view their body in a completely different way," she said yesterday.

Whalley, a former surgeon, said staff have kept a tally of responses from visitors and found that nine per cent vow to stop smoking, 33 per cent say they're inspired to eat better and 25 per cent to exercise more.

"This (exhibit) reminds us how beautiful and fragile our bodies are ... That our body is not just a divine gift, but it's a product of our lifestyles."

FREEDOM TO SAVE WITHOUT A BUNDLE

fido

With our low prices, you don't have to get home phone, cable TV and Internet to save on your cell.

From $15 per month

TALK & TEXT
› Unlimited incoming text
› Per-second billing
› No system access fees
› *Fido Rewards*™
› No activation fee. Save $35!*

KEYBOARD PHONES
$0
With 2-year Fido Agreement

LG Gossip
Samsung Gravity
LG Neon

FIDO STORES

VANCOUVER
483 Robson Street
Pacific Centre
Oakridge Centre
Park Royal Shopping Centre, West Vancouver

BURNABY
Brentwood Mall
Lougheed Town Centre
Metropolis at Metrotown

LANGLEY
Willowbrook Shopping Mall

PORT COQUITLAM
Coquitlam Centre

RICHMOND
Richmond Centre

SURREY
Guildford Town Centre

EXCLUSIVE DEALERS

VANCOUVER
CELLULAR BABY
1191 Robson Street
Capilano Mall, North Vancouver
City Square Mall, Vancouver
Park Royal Shopping Centre, West Vancouver
665 Robson Street
120, 1160 Davie Street

PEPPER WIRELESS
First Avenue Market, Unit 102
3189 Main Street
519 West Broadway

SKYNET
Arbutus Village
8269 Granville Street
6338 Fraser Street
2430 Commercial Drive

WIRELESS WORLD
6596 Victoria Drive

YAPPIE MOBILE
370 East Broadway
7058 Kerr Street
2959 West Broadway

ABBOTSFORD
GENERATION WIRELESS
Seven Oaks Shopping Centre

SKYNET
Meadow Fair Plaza

WIRELESS WORLD
32330 South Fraser Way, Unit 4

BURNABY
CELLULAR BABY
Metropolis at Metrotown
Metrotown Centre

PEPPER WIRELESS
Crystal Mall

WIRELESS WORLD
Hannam Supermarket, 4501 North Road #106

COQUITLAM
SKYNET
101A – 2748 Lougheed Highway

DELTA
WIRELESS WORLD
Scottsdale Mall

KELOWNA
GENERATION WIRELESS
Orchard Mall

MAPLE RIDGE
SKYNET
Haney Place Mall

NEW WESTMINSTER
PEPPER WIRELESS
Royal City Centre

RICHMOND
CELLULAR BABY
Richmond Centre

PEPPER WIRELESS
Yaohan Centre
Lansdowne Centre
Aberdeen Centre

SKYNET
4020 No 5 Road

SURREY
PEPPER WIRELESS
Central City Shopping Centre

SKYNET
7500 Scott Road, Unit 104
9182 – 120th Street
Panorama Village Mall

WIRELESS WORLD
1 - 8388 – 128th Street
12845 – 96th Avenue

Start saving now! On **fido.ca**, in store or **1-866-301-3436**

Offers subject to change without notice. Phones prices shown valid with new activation on a Fido Agreement, early cancellation fees apply. Additional airtime, long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra and billed monthly. Plans include a number of texts sent from Canada. There is a charge for premium text messages. *Offer available until November 1, 2010; subject to change without notice. Valid on new activations with a 2- or 3-year Fido Agreement. A credit for the entire amount of the $35 Activation Fee will appear on your first invoice. ™Trademarks of Fido Solutions. All other brand names and logos are trademarks of their respective owners. © 2010 Fido Solutions.

FUTURE SHOP · BEST BUY · WIRELESSWAVE · booth the telephone booth · WIRELESS etc... · LONDON DRUGS · COSTCO WHOLESALE · Walmart

Congress failed to sell bailout to America: Panel

Report faults Treasury Department for supporting the largest banks while most Americans face hard times

The U.S. government's failure to level with the public about its bailout programs will make it harder to deal with future financial crises, a watchdog panel says.

Public confidence suffered after the Treasury Department claimed that bailout money would only go to healthy banks, according to a report from the Congressional Oversight Panel.

Unless the government can show a recession-weary public that the program worked, Congress will not approve another such measure when faced with financial threats, the report says. It says "the greatest consequence of (the bailout) may be that the government has lost some of its ability to respond to financial crises."

Treasury spokesman Mark Paustenbach said the government can respond to future panics using tools it gained under a sweeping financial overhaul signed into law this summer.

The law "will take the next steps forward by reining in excessive risk on Wall Street (and) preserving economic opportunity on Main Street," Paustenbach said.

THE CANADIAN PRESS

Truth about TARP

- **Crisis averter** The Congressional Oversight Panel's new report says the crisis would have been even deeper without the bailout, known as the Troubled Asset Relief Program, or TARP.
- **"Necessary" stabilizer** Economic experts consulted by the panel agreed that the bailout was "both necessary to stabilize the financial system and that it had been mismanaged and could pose significant costs far into the future."

Storm. Landfall

▶ Fishermen try to secure their boats yesterday as tropical storm Karl arrives in the town of Mahahual, southern Mexico.

ISRAEL LEAL/THE ASSOCIATED PRESS

Karl may calm ... but not for long

Tropical storm Karl is expected to quickly weaken into a tropical depression as it slogs across the flat peninsula of southern Mexico before heading back out over the Gulf of Mexico, where it could turn into a hurricane by the end of the week and threaten the central Mexican coast.

Talks fail to yield agreement

A mortar attack by Palestinian militants and air strikes by Israel formed the grim backdrop as Mideast leaders ended their latest round of peace talks yesterday, still divided on major issues. There was no word on when they would meet again.

The inconclusive U.S.-brokered talks between Israeli Prime Minister Benjamin Netanyahu and Palestinian President Mahmoud Abbas left in doubt the prospects for their new effort to end generations of hostilities in the region and create a sovereign Palestine alongside a secure Israel.

George Mitchell, the U.S. envoy for Mideast peace efforts, emerged from an evening session to say the talks had been encouraging but had fallen short of an agreement.

Abbas and Netanyahu met with U.S. Secretary of State Hillary Rodham Clinton for about two hours at the Israeli leader's official residence in Jerusalem and agreed to continue the search for a peace deal, he said.

THE ASSOCIATED PRESS

FLIGHT CENTRE® Unbeatable

Airfares

Puerto Vallarta $45 from + taxes & fees $290

Cancun	from $115 + taxes & fees $290
Las Vegas	from $198 + taxes & fees $115
San Diego	from $199 + taxes & fees $114
San Francisco	from $238 + taxes & fees $110
Los Angeles	from $258 + taxes & fees $112
Honolulu	from $298 + taxes & fees $112
Chicago	from $389 + taxes & fees $121
New York	from $389 + taxes & fees $120
Dallas	from $399 + taxes & fees $179
Orlando	from $399 + taxes & fees $125
Bangkok	from $749 + taxes & fees $272
Sydney	from $899 + taxes & fees $340
Johannesburg	from $1048 + taxes & fees $439

US A Vacations

Anaheim Family Special, Air + 4 Nights from $318 + taxes & fees $110
INCLUDES accom adjacent to *Disneyland* Resort. ADD 3-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $203.

San Diego Air + 3 Nights from $329 + taxes & fees $115
INCLUDES accom close to attractions, with airport shuttle and breakfast.

Las Vegas Halloween Special Air + 4 Nights from $399 + taxes & fees $122
INCLUDES accom close on the Strip during Halloween weekend.

Palm Springs Air + 3 Nights from $418 + taxes & fees $115
INCLUDES accom close to golf and shopping with airport shuttle.

Cruise Vacation

Western Caribbean 7-Night Cruise from $369^ + taxes & fees $96^
CRUISE roundtrip Miami and visit Grand Cayman, Roata, Belize & Cozumel.

All-inclusive Vacations

Mazatlan 7 Nights 5-Star from $585 + taxes & fees $290

Puerto Vallarta 7 Nights 4-Star	from $398 + taxes & fees $273
Mayan Riviera 7 Nights 4-Star	from $547 + taxes & fees $273
Varadero 7 Nights 4-Star	from $585 + taxes & fees $216
Samana 7 Nights 4-Star	from $587 + taxes & fees $322

Canada Vacations

Harrison Hot Springs 2 Nights from $149 taxes & fees included
INCLUDES accom on Harrison Lake.

Sun Peaks Thanksgiving Special 3 Nights 4-Star from $199 taxes & fees included
INCLUDES accom in the heart of Sun Peaks Village.

Banff Self Drive Tour 3 Nights + Car from $299 taxes & fees included
INCLUDES 4-day car rental from Vancouver with unlimited mileage and central accom in Banff.

Jamaica Vacations

Jamaica Air + 7 Nights from $899 + taxes & fees $275

Special Offer Executive Class Upgrade for $100^Δ
UPGRADE to Executive Class on all Air Canada Vacations packages to Jamaica for $99. PLUS receive free seat selection.

AIR CANADA VACATIONS

LOWEST AIRFARE GUARANTEE We will beat any airfare quote or you fly free!

1 866 502 4576 | TEXT Join our Insider Club for hot deals. Text YVR to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person for quad occupancy (2 adults & 2 children ages 2-17). ^Price in USD$. ΔExecutive class upgrade and free seat selection are valid on packages using the direct flights from Vancouver, Calgary and Edmonton to Montego Bay for any departures to March 2011. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #HO2790

Fake. Pot

▶ A bag of K2 synthetic marijuana.

KELLEY MCCALL/THE ASSOCIATED PRESS

Banning fake weed goes to pot

Authorities in 13 U.S. states thought they were acting to curb a public health threat when they outlawed a form of synthetic marijuana known as K2: A concoction of dried herbs sprayed with chemicals. But even before the laws took effect, many stores that did a brisk business in fake pot had gotten around the laws by making slight changes to K2's chemical formula, creating knockoffs with names such as "K3," "Heaven Scent" and "Syn."

RCMP seizes 7 tonnes of hash

The Mounties seized a container packed with enough hashish to intoxicate the entire country.

Police in Montreal discovered seven tonnes of hashish — or about seven million grams. The dark, laptop-sized hash bricks were discovered in an abandoned trailer Sunday in the city's west end. "It's a big one," RCMP spokesman Cpl. Luc Thibault said yesterday of the seizure.

Police have not made any arrests, but say they are investigating and hope to get leads from the public.

The seizure is estimated to be worth $70 million.

THE CANADIAN PRESS

CANADIAN TIRE BANK

EARN MORE WITH A CANADIAN TIRE SAVINGS ACCOUNT

3.50%[1] For 90 days on a new Canadian Tire Tax Free™ High Interest Savings account*

2.50%[1] For 90 days on a new Canadian Tire High Interest Savings® account*

LIMITED TIME OFFER

Call 1-866-606-2837
or visit myctfs.com/metro for more details

* The Canadian Tire High Interest Savings® account (HISA) and the Canadian Tire Tax Free™ High Interest Savings account (Tax Free HISA) are provided by and issued by Canadian Tire Bank, a member of Canada Deposit Insurance Corporation (CDIC). The HISA and Tax Free HISA are hereinafter referred to as "the Account". Products are not currently available for residents of Quebec.

[1] Your Account will earn a special interest rate of 2.50% (if the Account is a HISA) or 3.50% (if the Account is a Tax Free HISA) which consists of the regular variable rate of interest for the Account of 1.50% for the HISA and 2.50% for the Tax Free HISA, as of August 1, 2010 (and is subject to change) plus the bonus interest rate of 1.00% per annum. The bonus rate applies only (i) to a customer's first Account (including Joint Accounts, where applicable) provided your first deposit is made on or after August 1, 2010, and before November 15, 2010, existing and previous customers are not eligible, and (ii) to balances up to and including $100,000 for 90 days starting on the day of the first deposit into the Account. If the Account is closed before the end of a calendar month or before the 90th day of the offer period, you will forfeit the bonus interest that accrued from the beginning of the particular month in which the Account was closed. On all credit balances after those 90 days, and on any credit balances over $100,000 during those 90 days, only the regular variable rate of interest then in effect for this type of account would apply. This offer ends November 15, 2010 and may be changed, extended or withdrawn without notice. Interest is paid monthly and is calculated daily based on the daily closing balance. Rates subject to change without notice. Additional terms and conditions apply.

®/™ The trademarks of Canadian Tire Corporation, Limited are used under licence.

09/10 • 587

Say "NO Thanks" to Telemarketers!

No Matter What Country You Call
No Matter What Rate You Pay
Comwave Will Beat it... GUARANTEED!
(Even From your Cell Phone!)

CUBA 89.9 | INDIA 2.9 | PAKISTAN 5.9 | PHILIPPINES 11.9

Where In the World Do You Call?

Afghanistan 24.9 ¢	Kuwait 6.9 ¢	Honduras 15.9 ¢
Bangladesh 3.9 ¢	Lebanon 9.9 ¢	Iraq 4.9 ¢
Barbados 9.9 ¢	Libya 24.9 ¢	Israel 2.9 ¢
Chile 2.9 ¢	Nepal 7.9 ¢	Italy 2.9 ¢
China 2.9 ¢	Oman 12.9 ¢	Russia 2.9 ¢
Ecuador 12.9 ¢	Fiji 24.9 ¢	Saudi Arabia 9.9 ¢
El Salvador 9.9 ¢	Ghana 9.9 ¢	South Korea 2.9 ¢
Jamaica 8.9 ¢	Greece 2.9 ¢	Sri Lanka 9.9 ¢
Jordan 13.9 ¢	Guatemala 10.9 ¢	Trinidad 4.9 ¢
Kenya 9.9 ¢	Guyana 27.9 ¢	U.A.E. 16.9 ¢

If the country you call is not on this list, or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... GUARANTEED!

Limited Time Offer!
UNLIMITED $5/month
Calling to Anywhere in CANADA

UNLIMITED INDIA BUNDLE
UNLIMITED
Calling to INDIA
From your Home or Cell Phone!
$29.95

Make Long Distance calls to Anywhere in the World from your Cell Phone at Comwave's GUARANTEED Lowest Rates

- No need to cancel your service provider.
- $10 Free Long Distance for every friend you refer
- No Contracts

1-866-380-6055
comwave www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate Guarantee is based on competitors' lowest advertised rate for like services. Comwave will not rate match against charity or discount services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. $29.95 Unlimited calling to India is limited to 3000 minutes per month. Unused minutes do not roll over to the following month. Terms and conditions apply, see www.comwave.ca for details.

A HEART THAT DEVISES WICKED PLOTS

He says ...

JOHN MAZEROLLE

I'd like to thank the greatest motivation in my life: The Seven Deadly Sins.

I owe them everything. If I ever need to give an acceptance speech, these Seven Deadly Life Coaches will be mentioned. (Well, maybe not sloth, but he wouldn't be there anyway.)

My allegiance to the sins isn't some hedonistic desire to break the rules. I'm a straight-laced guy who never crosses at a red light and who feels uncomfortable if an Axe commercial comes on in mixed company.

It's just that so-called negative emotions are better motivators than positive ones.

Altruism? Duty? Justice? Those do-gooders have always let me down.

But wrath, pride, envy, lust, and their close cousin, fear? They've been there for all my accomplishments.

The high school accounting class I got a 70 in was "easy," but the chemistry class I got a 96 in was "hard." I needed to be scared of failure before I would do the work, and knowing I could boast about it among the other nerds made it useful.

"Altruism? Duty? Justice? Those do-gooders have always let me down. But wrath, pride, envy, lust, and their close cousin, fear? They've been there for all my accomplishments."

Meanwhile, anger pushed me into journalism when a girlfriend told me I'd never amount to anything, so I approached a newspaper with a spurned heart and a couple columns.

My hiring was made doubly delicious when I next met the ex and saw she had expanded like an inflatable raft with its rip cord pulled. Any regrets I had were quickly tucked away in the folds of her neck.

See? Terrible, hateful. And where would I be without it?

Sure, I might be "happy." But I write about bad things that happen to me. Make me happy and I'm like a country singer whose wife and dog come back. I lose my powers.

I recently signed up for a half-marathon and at first felt like I was doing it for pure reasons. But I soon realized the truth is I want pats on the back.

I'm not ready for purer motivations yet, but maybe one day in the future I'll accomplish something simply because it's the right thing to do, free of any of the sins. I picture six of them pushing me along on my bicycle without the training wheels, and when I turn back I'll realize — gasp! — they're not holding the seat anymore.

When that moment comes, I'll be proud.

No, wait.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

A sweet breakthrough

Worth mentioning

Some sweet science news: Researchers have released a nearly complete map of the DNA of the tree that produces chocolate.

The project to map the cacao genome was funded by candy maker Mars Inc. It finished the sequence just two years into what was supposed to be a five-year project.

Mars, the maker of Snickers, M&Ms and other candies, says it hopes the results could someday lead to more robust, higher-yielding and drought- and disease-resistant trees.

An estimated three million tons of cocoa is produced globally every year, produced primarily by small farms.

But crop losses from pests and diseases costs an estimated $700 million to $800 million to farmers each year.

Unlike corn, wheat and rice, cocoa is often described as an "orphan crop" because it has been the subject of little agricultural research.

With this recent breakthrough, however, scientists say they have moved closer to ensuring the success of the crop, and so, too, the success of small farmers in some of the most climate-vulnerable places on the planet.

Mars will have spent $10 million on the project by the time it's complete.

METRO

Science of chocolate

What's the craziest thing you've ever done?

Email
vancouverletters@metronews.ca
Twitter
@vancouvermetro

Metro has the right to edit letters and submissions.

metro

METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002
metronews.ca/vancouver/advertise
metronews.ca/vancouver/contactus
Publisher Maryse Lalonde, **Managing Editor** Fernando Carneiro, **Distribution Manager** George Acimovic
Metro Vancouver

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with Bollywood Jazz Team

Itching to get your weekend started? Kick it off early by heading to the Dance Centre and jive with the Shiamak's (Vancouver) Bollywood Jazz Team.

The team will be performing dances choreographed by Shiamak Davar, one of India's leading choreographers, as part of the Discover Dance! series, which showcases diverse B.C.-based companies. The routines are an energetic combination of Western jazz, hip hop, and Indian dance.

The Dance Centre is in downtown Vancouver at 677 Davie St. The performance starts at noon. Tickets are $10 and can be purchased online at ticketstonight.ca.

SARAH N. FITZGERALD

SCOTIABANK DANCE CENTRE

▶ Vancouver's Bollywood Jazz Team steps inline with choreography by Shiamak Davar.

ADRIAN WYLD/THE CANADIAN PRESS

▶ Kory Teneycke announces his resignation as vice-president of development at Quebecor Media at a news conference yesterday.

Former aide quits SunTV amid turmoil

Teneycke says his problem was jump to journalism from PM's office ◐ Felt he had no choice but to resign

A proposed right-wing, all-news TV network says it's "full steam ahead" despite the sudden resignation of its high-profile and politically connected frontman.

Kory Teneycke, who until last year was the chief spokesman for Prime Minister Stephen Harper, stepped down yesterday as vice-president of development at Quebecor Media, saying he'd become a liability to the launch of SunTV.

A pitched public battle is raging over perceived media bias, alleged political influence, and the terms and conditions of SunTV's as-yet unheard license application.

"This controversy has gotten out of hand," Teneycke told an Ottawa news conference. "It has morphed from one of market differentiation to something more vicious and vitriolic and yes, at times, I have contributed to the debasing of that debate."

Teneycke's resignation came a day after international advocacy group Avaaz.org went to the RCMP and Ottawa police asking for an investigation into fraudulent tinkering with an online petition. The petition demanded the federal TV regulator refuse any special favours for SunTV's licence application.

Luc Lavoie, a longtime spokesman for former prime minister Brian Mulroney, will take over from Teneycke.

"The resignation of Prime Minister Harper's former spin doctor from the leadership of one of Canada's most-powerful news organizations is a battle won in a longer fight against crony-media in Canada."
RICKEN PATEL, AVAAZ

THE CANADIAN PRESS

TECHNOLOGY

Phones to act as psychics

How smart do you want your smart phone to actually be? Do you want it to read your mind, even a little bit?

Intel Corp.'s research chief, Justin Rattner, says that technology has advanced to the point that an idea of "context-aware computing" that's been around for two decades is becoming more of a reality with the rise of mobile devices.

That could lead to phones that act as psychics in your pocket. Rather than simply amass secrets about you, the devices could be doing things with that information, such as predicting what you might do next and offering suggestions.

Tech companies already do this, but only in pieces.

THE ASSOCIATED PRESS

Market moment

Dollar
+ 0.13¢ (97.43¢ US)

Oil
– 78¢ US ($76.02 US)

TSX
– 48.14 (12,144.84)

Natural gas
1,000 cu ft
$3.995 (+ 2.9¢)

Gold contracts
$1,266.60 (– $3.10)

2 scene

Scene in brief

Taylor Swift is the latest act to offer bonus album content to an exclusive retailer.

The country superstar is aligning herself with Target Corp. for the release of her latest album, Speak Now.

The store will offer fans three additional songs, remixed tunes and video content when the album is released Oct. 25.

Speak Now is the follow-up to her Grammy-winning, multi-platinum CD Fearless. THE ASSOCIATED PRESS

ScanLife

Defence lawyer claims prosecutor encouraged perjury by witness in Anna Nicole Smith case

Betty White looks back on her golden years

More in demand than ever, the indomitable 88-year-old has no plans to slow down anytime soon

It was Sept. 14, 1985, when NBC introduced Bea Arthur, Betty White, Rue McClanahan and Estelle Getty as The Golden Girls.

A quarter century later, the show is still No. 1 among women who watch the Hallmark Channel, which begins and ends its broadcast day with an episode.

Betty White still sounds giddy when she talks about the show.

More popular than ever following her Saturday Night Live hosting gig in May, her hit show Hot in Cleveland on TV Land and a scene-stealing turn in the upcoming movie You Again, the 88-year-old White recently spoke about her never-ending career.

Is retirement a dirty word for you? Isn't that ridiculous? It is not a dirty word. I am just enjoying what I am doing. If they want me to retire, then stop asking me.

Did you know when you read the The Golden Girls pilot it was going to be so special? We all kind of did. You get a lot of scripts mailed to you and not too many of them are good, but when this one came along it just hit the spot and they sent it to each of us. They sent it to me with the idea of me doing Blanche. Jay Sandrich, who was our director for most of the Mary Tyler Moore shows, said if Betty plays another nymphomaniac they are going to think it is Sue Ann Nivens all over again. He said, why don't we switch them?

THE ASSOCIATED PRESS

▶ From left to right: Golden Girls Bea Arthur, Rue McClanahan, Estelle Getty and Betty White.

PETER KRAMER/THE ASSOCIATED PRESS

▶ Betty White, June 14, 2010.

Once the four of you started working together, did you know right away that you had great chemistry? The first table read was an experience. I had worked with Bea, I had done a couple of guest shots on Maude. I had worked with Rue on Mama's Family. Estelle was a new one to all of us. She came from New York after her hit. We all sat down for the first table read and somebody read a line and then somebody else read a line. You better be ready when you hit it over the net because you are going to get it right back over the net. It was the most exciting ... We all began to look at each other because there wasn't any first reading feeling about it. It was like we had been working together forever. I still get goose bumps thinking about it.

Looking back, what are you most proud of about the show? I send up a prayer of thanks for the writing. We can't do it without the writing. It has to be on the paper. No matter how much credit they try to take, actors can't do it unless it is on that page and boy was it on that page. To get that kind of writing is such a privilege.

Golden Girls really showed older women in a sexual light. Do you think older women are still allowed to be sexy in popular culture? I think we were just trying to tell it like it is. I think older women still have a full life. Maybe the writers don't address it these days, but it doesn't change the fact. THE ASSOCIATED PRESS

What's Canada's favourite festival? Have your say and win a great festival package.

Join the debate and win the experience at westjetfestivals.com

Vote for your favourite Canadian festival. You'll be automatically entered to win a great festival package. WestJet is proud to be the official airline of the Vancouver Global ComedyFest. To learn more about our Fun 'n Festival series or to book a flight, please visit **westjet.com**.

FUN 'n FESTIVAL SERIES
WESTJET

A step back in time

Actor throws himself into gritty and complex role in new TV drama

Boardwalk Empire — HBO's wondrous new drama, which begins its 12-episode season Sunday — is set in 1920, the dawn of Prohibition.

Young Jimmy Darmody is just a month back from the Great War. He hates that the war made him "a murderer" and he nurses contempt for his former mentor, Enoch "Nucky" Thompson, who rules Atlantic City, N.J., as the town's favours-granting, graft-collecting treasurer.

The series boasts a robust cast including Steve Buscemi (as Nucky), Gretchen Mol, Dabney Coleman, Kelly Macdonald and, in a breakout portrayal as Jimmy, Michael Pitt.

Here is a simmering, gum-chewing fellow in a newsboy's cap, ruthless yet sympathetic as he plots how to cut in on Nucky's outlaw liquor ring.

Pitt says he threw himself into the role, down to Jimmy's limp.

"I had a brace with a stick on the back of my knee," he reports. "So, from the moment I got on set in costume to the end of the day, I couldn't walk without a limp. Every day for seven months.

"I found myself staying in character a lot. Even when I wasn't shooting, I was still working."

"I found myself staying in character ... even when I wasn't shooting."
MICHAEL PITT, ACTOR

Inevitably noted for his baby face, arresting blue eyes and pouty, pillowy lips, the 29-year-old West Orange, N.J.-native seized on acting because, he says: "I liked the attention."

But he explains it evolved into a craft, which was a positive thing in his life. Pitt has tackled roles in more than a dozen varied, films that include the disturbing thriller Funny Games, The Dreamers, a pair of movies by Gus Van Sant and Hedwig.

Production wrapped in June, but the role of Jimmy and the era he inhabits "is still there. I'm still digesting it," says Pitt.

Like The Sopranos, this new series has dimension, unexpected twists and flashes of dark humour, plus startling eruptions of violence. THE ASSOCIATED PRESS

▶ Michael Pitt (left) stars opposite Steve Buscemi in new Prohibition-era TV drama Boardwalk Empire on HBO.

PVR

In new book Salahi claims to have MS

Michaele Salahi, who gained notoriety with her husband by crashing a glitzy White House state dinner, says in a new book that she suffers from multiple sclerosis — a potentially debilitating disease.

Billed as a tell-all book written with the couple's co-operation, Cirque Du Salahi, by Diane Dimond offers little new information about the incident last year that sparked a high-profile government criminal investigation and made the couple minor celebrities after they arrived at the White House with a camera crew filming footage for the reality show that aired eight months later.

But they were not on any of the guest lists and did not receive the typical engraved invitation to the exclusive event. That the Salahis were able to get into the White House and so close to the president without being on a guest list prompted changes to security policies, the punishment of three Secret Service officers and a criminal investigation that hasn't yet led to charges.

Multiple sclerosis, Salahi says, explains her rail-thin physique. She rejects suggestions by others that she suffers from an eating disorder.

Salahi, 44, and a central figure on Bravo's reality show Real Housewives of D.C., was diagnosed with multiple sclerosis when she was 28, according to the book.

Her symptoms include tingling sensations and exhaustion, especially in stressful situations.
THE ASSOCIATED PRESS

TV watch list

The Donald is baaaaaack

COMPETITION. Donald Trump presents the 10th season premiere of The Apprentice, the first non-celebrity instalment since 2007. Another edition of Celebrity Apprentice will launch later this season.
THE CANADIAN PRESS

▶ **The Apprentice**
Reality.
Global, NBC.

Fringe Benefits

SUPERNATURAL. Need a refresher before next week's return of the mind-bending sci-fi series Fringe? Check out a repeat of last year's two-hour finale before diving into season three.
THE CANADIAN PRESS

▶ **Fringe.**
Science fiction.
Fox.

GEAR UP FOR PATIO SEASON

Enjoy Chef Jeff Batt's summer menu in a heated gazebo or next to an open fireplaces on the dock.

Open for breakfast, lunch, dinner and weekend brunch

See you Dockside this summer!

DOCKSIDE RESTAURANT 1253 Johnston Street (Granville Island)
604-685-7070 • docksidebrewing.com

Cold Logic Corp. is currently accepting resumes for

WAREHOUSE WORKERS

Previous fork lift operator experience an asset. Previous warehouse experience considered an asset but is not mandatory as job specific training will be provided. We offer a competitive wage rate plus productivity incentive potential.

This perishable and grocery food warehouse that operates 24/7 where you will be required to work in temperatures ranging from .5 to 12.7 degrees C.

If you are interested in joining our team, please submit your resume to surreycareers@coldlogic.ca

ColdLogic DIVISION OF VERSACOLD

ARE YOU WORKING WHILE DEPRESSED?

Are you working at a paid job and have 3 or more of the following symptoms of depression?

- ☐ Depressed mood
- ☐ Diminished interest or pleasure in activities
- ☐ Change in appetite
- ☐ Poor sleep
- ☐ Fatigue
- ☐ Low self-esteem
- ☐ Poor concentration

If you have some of these symptoms and are between 19 – 65 years of age, you may be eligible to participate in a research study which combines telephone counselling and an antidepressant medication.

The study is being conducted by Dr. Raymond Lam at the Mood Disorders Centre, UBC Hospital.

For more information, call 604-822-7804.

Mood Disorders Centre A CENTRE OF EXCELLENCE AT UBC HOSPITAL

UBC

Getting too old to rock 'n' roll?

- Phil Collins talks about how age has affected his ability to play drums
- Looks back on his time of playing with Genesis as he releases new disc

GUILLAUME B. DECHERF
SCENE@METRONEWS.CA

GETTY IMAGES ENTERTAINMENT

▶ Phil Collins.

Phil Collins, who will be 60 in January, has admitted he may be getting too old to rock 'n' roll. The ex-Genesis skinsman now has to tape drumsticks to his hands because his fingers are too weak to hold them properly.

Maybe it's no surprise then he has opted to release a new album of mellow soul classics.

He spoke to Metro.

A year ago, you said you couldn't play the drums anymore. How do you feel today?

My body doesn;t work like it used to. I have reached an age when the equipment is starting to wear out. I had an operation last spring and the doctors told me that maybe everything would be back to normal within a year. I;m not sure this will come true and I prepared myself for the prospect of not being to play the drums anymore.

How did you do to play the drums on your latest album ?

With the help of technological miracles such as ProTools and my sound engineer Ivan. I would tape the drumsticks to my palms because I have no strength in my fingers. We would do two or three takes to get the groove, then we would start again for the rhythm, and put everything together the best we could.

Were your musician friends of any help ?

Of course. Mike Rutherford of Genesis gave me the address of a specialist he knew, as did Bryan Adams and Eric Clapton. Larry Mullen, of U2, even offered his help, although I didn't know him that well.

It was a great comfort. I have two main problems, my wrist and my back.

The album Going Back only contains cover versions of soul hits. Why didn't you write new songs of your own?

What can I say? Some people will be happy with that and will be disappointed. Let's say I decided to do what I liked. I didn't want to create anything new, I just wanted to focus on titles I love and that I always wanted to sing.

In the '80s, you were an easy target. Were you affected by that?

I got used to it. It wasn't "in" to listen to Genesis or Phil Collins at the time, even though I think times are changing today. I did things I was proud of and some others that were just failures but, honestly, I've turned that page. Go back to acting? My sons would be horrified. I'm not interested. As I'm not interested in anything that threatens the harmony of my everyday life.

Volkswagen Original Parts. Service. Accessories.

Keep your Volkswagen running like a Volkswagen.
Use Volkswagen Original parts.

Only Volkswagen Original parts are engineered specifically for your vehicle. No retrofitting required. No modifications needed. Just the right part for your car at the right price – German-engineered, built to last and backed by a limited warranty*.

From $169 rear brake special† From $189 front brake special†

Includes new Volkswagen Original brake pads plus caliper service and rotor inspection. $329† rear brake / $399† front brake special includes rotor replacement.

*Limited warranty is supplied by Volkswagen Group Canada Inc. A limited warranty of 4 years / 80,000 km (whichever occurs first) applies when parts or accessories are purchased at the time of new vehicle purchase or lease. A limited warranty of 1 year / 20,000 km (whichever occurs first) applies when parts or accessories are ordered and installed after the purchase or lease of your vehicle. †Plus applicable taxes. Price example shown for the Jetta A5 model only. Visit your Volkswagen dealer for details or about great pricing for other Volkswagen models. At participating dealers only. Dealer may sell for less. Offer ends December 31, 2010 and is subject to change or cancellation without notice. "Volkswagen", the Volkswagen logo and "Jetta" are registered trademarks of Volkswagen AG. © 2010 Volkswagen Canada.

The rise of Lissie Maurus

California singer touted as next big thing ◆ Debut album Catching a Tiger tipped to be huge success

SUBMITTED

▶ Singer Elisabeth (Lissie) Maurus is releaseing her debut album Catching a Tiger.

Her hippy chic look and feel has been described as "a barefoot prairie girl transported to an L.A. canyon in 1972" and she is tipped to be huge in 2010.

She is a 27-year-old American called Lissie, and she is releasing her debut album Catching a Tiger.

"Where I grew up with my family we were the kind of people who walk up to strangers and tell them secrets," she explains.

"They give you a strange look and ask, 'Why did you tell me that?', but it's just in our nature. I'm still pretty unknown so I may have to be more careful in the future," she says.

Elisabeth "Lissie" Maurus grew up in Rock Island, Illinois, and as a nine-year-old starred as orphan Annie in the musical Annie for a run of 80 shows.

But in her teens Lissie ditched the theatre in favour of music, and specifically to learn the guitar.

She says she always believed she had a career in music. "I honestly did. It was what I always wanted," she says.

"But it's not only about talent. You have to be willing to work hard and be emotionally stable enough to be able to do it."

"Where I grew up with my family, we were the kind of people who walk up to strangers and tell them secrets. They give you a strange look and ask 'Why did you tell me that?, but it's just in our nature. I'm still pretty unknown, so I may have to be more careful in the future."
LISSIE

After a semester studying in Paris, France, Lizzie moved to Los Angeles and got to know Bill Reynolds from Band of Horses. They made a five track-EP that got some attention, but the music industry is still pretty new to Lissie.

"I have still not had any bad experiences of the business," says the woman who claims if music hadn't worked out, she would have been a wildlife ranger.

"But I can tell if someone is dishonest or creepy and then I can choose not to work with that person."

And I' not opposed to getting good ideas from other people." ● METRO

PVRR

Johnson: Free and wild

▶ Jamey Johnson

Jamey Johnson can do what he wants when he wants. The country maverick records his songs with buddies when and how the muse directs.

He's not constrained by labels or styles, and couldn't care less what critics think — or anyone else, for that matter.

While Nashville's mainstream music market is trending smaller — from singles to six paks to EPs — searching for more record sales in a market that continues to free fall, Johnson is putting out a double album, The Guitar Song, that includes 25 tracks and is more than two hours long.

He started recording the material for The Guitar Song in 2006. Johnson might be at his most honest on Baby Don't Cry, a lullaby to his daughter, Kylee, who's now 6.

"We are free. That's the whole point," Johnson says. "You're as free as you want to be. If you don't like your job, quit. Go do something you do like and figure out how to make money doing it."

His story resonates in Nashville, especially to a growing number of singer-songwriters who see him as a latter-day outlaw in the mould of Waylon and Willie, leading the way in uncertain times.

The Alabama native shrugs off the outlaw label deftly. "I've never done anything illegal. That's for the record," he says.

THE ASSOCIATED PRESS

Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●

Plant shows he can do it without Krauss

Robert Plant
Album: Band of Joy
Label: Matador
●●●●½

Robert Plant could be making gazillions touring the world and shredding what's left of his aging vocal cords touring the world with Jimmy Page in a semi-bogus Led Zeppelin reunion.

The fact that he instead opted to make another roots record says everything about the integrity of one of rock's greatest voices. Critics wet themselves heaping praise onto Raising Sand, Plant's 2007 collaboration with Alison Krauss, and it took home a remarkable six Grammys. But, in truth, that CD suffered from the muddy monotone of T. Bone Burnett's heavy-handed production techniques.

Raising Sand was good, but Band of Joy is much better. This time Plant put his trust in alt-country guru Buddy Miller, who delivers a much brighter, truer sound for Plant. Together they mine traditional Honeydripper rock (I'm Falling in Love Again), southern gospel (Satan, Your Kingdom Must Down), Appalachian blues (Central Two O Nine) and Celtic fusion (Richard Thompson's House of Cards). For those who miss Krauss's voice, there are haunting duets with Patti Griffin (Monkey, Silver Rider). His upbeat interpretation of Towne Van Zandt's Harms Swift Way is astonishingly good. The opening track, a cover of Los Lobos' Angel Dance, lies somewhere between Steve Earle's Copperhead Road and Zeppelin's Dazed and Confused.

Outstanding track: Angel Dance

GRAHAM ROCKINGHAM

Weezer
Album: Hurley
Label: Epitaph
●●●½

If you thought Weezer would never write a good album again, you weren't alone. Their last few discs were huge disappointments — at least for fans of the Blue Album and Pinkerton.

Expectations were, understandably, low for Hurley, the band's eight disc, but much to a lot of people's surprise the record is really good. It's somewhat of a return to the old days and songwriting that sounds like it actually took more than two minutes to write.

Outstanding track: Ruling Me

BRYAN BORZYKOWSKI

Brandon Flowers
Album: Flamingo
Label: Universal
●●●

Killers' fans will be happy to know that frontman Brandon Flowers has only taken a break from the band, not its music. As a matter of fact, the thing that's striking about Flowers' solo debut is how much it sounds like a Killers' album. While its sound is easily accessible, the strength of Flamingo lies in Flowers' storytelling. He takes a Springsteenian examination of his Las Vegas home, finding beauty in Sin City's cynicism.

Outstanding track: Welcome to Fabulous Las Vegas

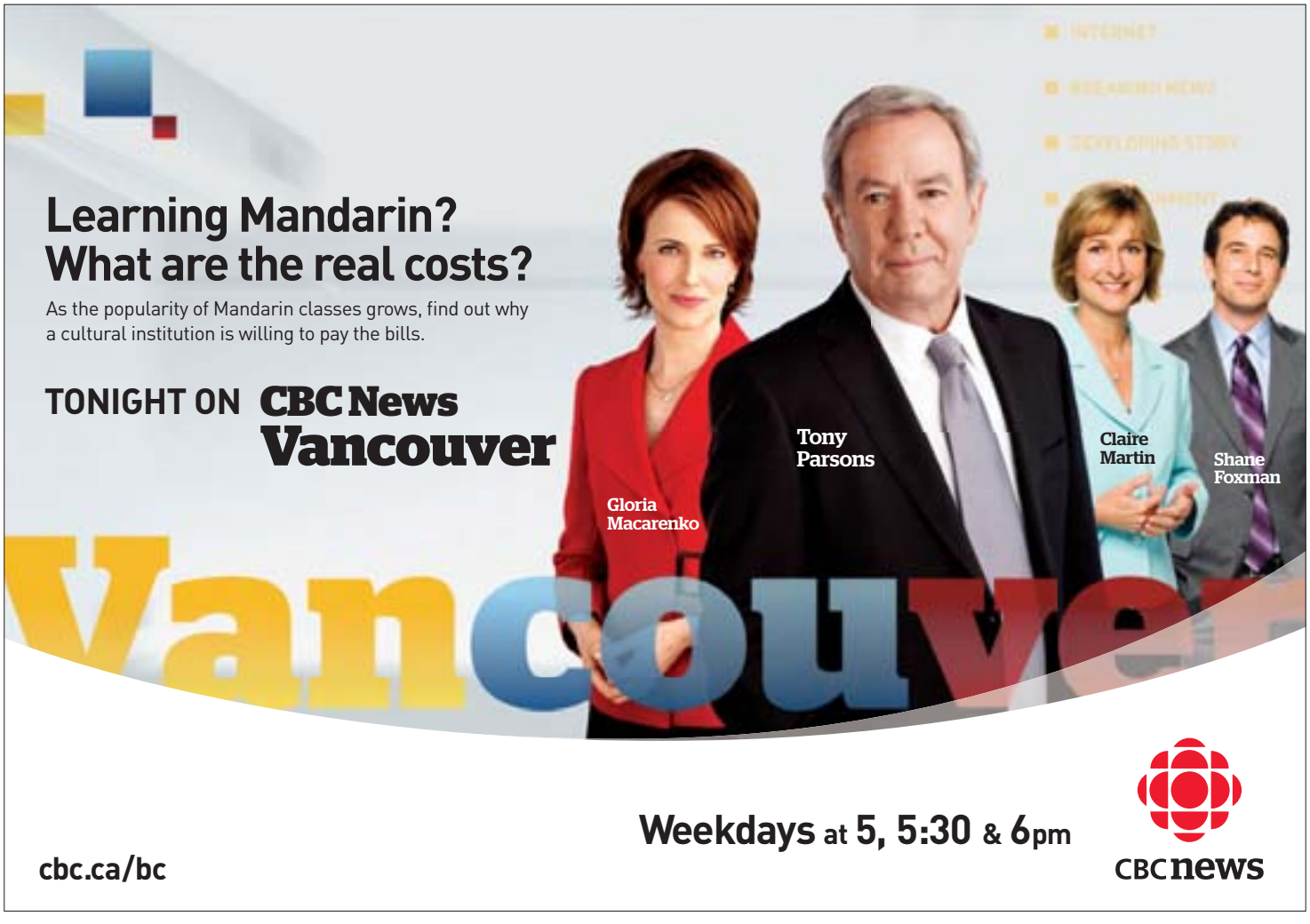
GRAHAM ROCKINGHAM

Linkin Park
Album: A Thousand Suns
Label: Warner
●●

A lot has changed since Linkin Park became rap rock Gods a decade ago. Not only has their brand of music gone out of style, they've completely changed too. Their fifth disc is so bizarre it's difficult to know what they're doing. On some level it's more interesting than what they did years ago — they incorporate a variety sounds. They tried this with their 2007 disc too, but this time the album is just one huge mess.

Outstanding track: Hang With Me

BRYAN BORZYKOWSKI



Saving the Net

ISTOCK

▶ Systems are in place to ensure the survival of the Internet in the event of a global disaster.

Tell us what you are recording @vancouvermetro

PVRTweets

***Survivor* premiered last night, who is your favourite castmate of all-time?**

@EagleLooking78 Rupert and Russell
@eagle0877 Rupert
@LoveLifeCCC Boston Rob
@aislingizaGleek Toss up between Rob Mariano and Rupert Boneham
@rozzielee I'm excited for Survivor season premiere...! My fav survivor of all time is Yau-Man. Smarts, nerdy, humor & heart

TELUS
Record 3 shows at once.
Unleash Optik™ TV at telus.com/optiktv

Holding power

- Anne-Marie Eklund Löwinder (shown), 52, is Head of quality and security at .SE.
- .SE is a private foundation charged with the responsibility for the Internet's Swedish top-level domain .se.
- ICANN — Internet Corporation for Assigned Names and Numbers — was formed in 1998.
- It is a not-for-profit public-benefit corporation with participants from all over the world dedicated to keeping the Internet secure, stable and interoperable.
- Lists of all ICANN crypto officers: root-dnssec.org/tcr/selection-2010/

PVRRR

Record 3 shows at once
with 1 PVR. Only with Optik TV.

FREE HD PVR rental when you sign up* | PLUS $20 off any Optik™ TV package for 3 months†

Get it all on the new TELUS Fibre Optic Network‡

Call 310-MYTV (6988)
or visit telus.com/optiktv

TELUS
the future is friendly®

*Offer available on a 3 year Optik TV service agreement until November 9, 2010, to residential clients who have not subscribed within the past 90 days to Optik TV service. TELUS Home Phone or High Speed Internet service required. †New TV clients receive $20 off the regular price in months 1, 2 and 3. ‡Fibre optics may service all or part of your network connection, depending on location. © 2010 TELUS.

In the event of an emergency, seven people in the world have the power to shut down and reboot the Internet — no joke

RICHARD LINDHOLM
METRO SWEDEN

Imagine a scenario from Bond movie — an international team of seven key figures who have the power to switch off the Internet.

Except this is real life and Anne-Marie Eklund Löwinder, head of quality and security at domain name foundation .SE, really does have that power over the world wide web.

She is one of seven people around the world entrusted with a secret code key which would allow her to close down and 'reboot' the Internet in the event of a disaster.

She spoke to Metro Sweden's Rickard Lindholm:

You are one of seven people who can "save the Internet" — how?

The international organization called ICANN started the project on the initiative of the U.S. Department of Commerce.

In the U.S. there are two operational centres, one on the East coast and one on the West coast where the code keys are updated four times a year and if the Internet was attacked three of the seven people who have access to the code key need to get to one of the operation centres to restore the system.

"If three of the seven with code key access couldn't get to the place to restore the system there are another seven back-up people ... they've got it covered from all angles."
ANNE-MARIE EKLUND LOWINDER

Could someone actually sabotage the system?

If three of the seven with code key access couldn't get to the place to restore the system there are another seven back-up people.

If nobody manages to get there, if the U.S. for example closed its borders, ICANN can still drill open the safes and restore the system.

So, they've got it covered from all angles.

What would happen if the system wasn't updated for some reason?

Eventually the screens would go black, the code keys must be updated.

METRO WORLD NEWS

▶ Anne-Marie Eklund Lowinder is one of seven people who holds the key to the Internet.

What does DNSSEC mean?

DNS is a data base that translates domain names to IP addresses and that has worked fine for more than 20 years, but a couple of years ago a new way to attack this system pretty easily and quickly was discovered.

An attacked domain name can give you information from another source than is displayed.

With DNSSEC all information is authorized and it is certified that all information comes from the right source.

Town celebrating Monroe's last film

Dayton, Nev., residents remember tales from the set of The Misfits

Toni Westbrook-VanCleave was only six at the time, but she still remembers Marilyn Monroe strapping on a toy gun belt and playing cowboys and Indians with her young brother during a break in filming of The Misfits.

Like other residents of the small northern Nevada town of Dayton, she had no clue of the demons that drove Monroe to be consistently late on the set, causing frustrating delays for director John Huston and co-stars Clark Gable and Montgomery Clift.

"She was gorgeous, very sweet, naive," recalled VanCleave, who was a $10-a-day extra during a rodeo scene. "She wasn't snobby. She seemed real down to earth and friendly."

In testimony to the public's enduring fascination with Monroe, VanCleave and other locals will gather Saturday and Sunday in Dayton, about 40 miles southeast of Reno, to mark the 50th anniversary of filming for the last complete movie for both Monroe and Gable.

The celebration will include a Monroe and Gable look-alike contest, a display of photographs of the stars taken in Dayton, a session of old-timers' reminiscences about the filming, and tours of the old bar where a light-hearted scene was shot of a bouncing Monroe playing paddleball to the delight of male patrons.

▶ In this file photo, the costume worn by Marilyn Monroe in film Bus Stop is displayed as part of a Hollywood collection.

Residents of Dayton, then an agricultural community of about 250, turned out en masse in 1960 to serve as extras or watch the filming, and those who are still around rave about the cast's friendliness and accessibility. The town has since mushroomed into a Reno bedroom community of more than 10,000.

"It was a big deal to have these Hollywood legends in town for a month or so. It's a source of pride for us," said Laura Tennant of the Historical Society of Dayton Valley, the celebration's sponsor.

Filmed almost exclusively around Dayton and Reno in July-October 1960, the movie was plagued by almost daily delays caused by Monroe's pill-popping to fall asleep and wake up, said Curtice Taylor, a New York photographer and son of Misfits producer Frank Taylor.

The producer would occasionally send his 12-year-old son to her trailer to check on her readiness, thinking a child would be less threatening than an adult, said Taylor, who witnessed most of the filming with his family.

Eli Wallach, 94, the only surviving cast member, said Huston told the actors not to complain about Monroe's tardiness because it would cause her to cease functioning.

"Huston got us together and said he couldn't make the movie without Marilyn," Wallach told The Associated Press. "Marilyn had a lot of problems with time, but I never said anything that would make her unhappy."

THE ASSOCIATED PRESS

Trail of death

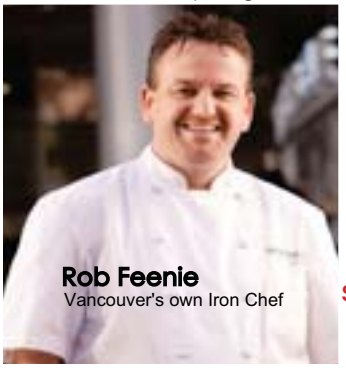
- Just 12 days after filming ended, Gable died of a heart attack at age 59. Less than 21 months later, Monroe died of a drug overdose at age 36 in what was ruled a suicide. Clift appeared in several other films before he died at age 45 in 1966.

YOU COULD WIN
A PAIR OF TICKETS TO A VIFF SCREENING!
SEPTEMBER 30 – OCTOBER 15
WWW.VIFF.ORG
To register and for full contest details visit clubmetro.com
VISIT clubmetro.com TO ENTER

VANCOUVER CITY DANCE THEATRE PRESENTS
The Dali Universe

Photo: Alessio Buccafusca
A spectacular multi-media ballet set in the surreal world of Salvador Dali.
Featuring National Ballet of Canada principal dancers: SONIA RODRIGUEZ & PIOTR STANCZYK
Vancouver - Sept. 16,17,18 - The Vancouver Playhouse
Victoria - December 17 - The Royal Theatre
Adults $49-$65* Students & Seniors $25*
*plus applicable surcharges
Tickets on sale at www.ticketmaster.ca & www.rmts.bc.ca
www.VancouverCityDanceTheatre.com
VANCOUVER CITY DANCE THEATRE

EAT! Fraser Valley
Food + Cooking Festival
Live on the Food Network Celebrity Stage:

Lynn Crawford
Host of Food Network's Pitchin' In

Rob Feenie
Vancouver's own Iron Chef
FOOD NETWORK is a trademark of Television Food Network G.P; used with permission.
Buy your admission tickets online and save $2.00 off the adult and seniors' entrance fee!
Friday 2:00 - 9:00 pm
Saturday 11:00 am - 9:00 pm
Sunday 11:00 am - 5:00 pm
September 17, 18 & 19, 2010
Tradex Exhibition Centre, Abbotsford, BC
eat-fraservalley.com

Designer shows pics

Chanel designer Lagerfeld showcases his photos
Exhibit features models, actors, landscapes

FRANCOIS MORI/THE ASSOCIATED PRESS

▶ German fashion designer Karl Lagerfeld, left, with New York architect Peter Marino, pose during the opening of his photo exhibition at the European House of Photography in Paris, France.

He's an uncontested master with a pen and sketchbook, on which he's been rattling off blockbuster ready-to-wear and haute couture collections for decades. But Chanel designer Karl Lagerfeld is also gifted with a camera.

A new Paris exhibition showcases the gamut of Lagerfeld's photography, from his commercial work for Chanel to celebrity portraits for magazines to more experimental landscapes and architectural pieces.

Highlights

- **Couture 18eme Vogue** features models in tall wigs and gowns playing cards.
- **Men and Nature** juxtaposes shots from underneath the Eiffel Tower with the underside of the tree.

The show — which kicked off Tuesday with a star-studded and Champagne-soaked opening at the Maison Europeene de la Photographie — brings together about 300 of the designer's shots in the largest-ever exhibit of his photographs.

Lagerfeld first took up photography in 1987, and the show, "Parcours de travail," or "Career Path," features sober landscapes as well as portraits soaked in eye-popping colours or printed on glitter-covered paper.

There are, of course, the obligatory fashion photos. Lagerfeld, who designs for Chanel, Italian fashion house Fendi and his own signature line, has long shot the press kits for the labels, churning out photos of models sporting clothes from his collections.

From there, he branched out into ad campaigns for the lines. (He is behind Chanel's latest campaign featuring waifs sporting Chewbacca fake-fur skirt suits as they lounge on New York City fire escapes.)

Standouts include "Couture 18eme Vogue," a 1998 series he shot for the fashion magazine, a period scene featuring models in towering powdered wigs and merengue-like ball gowns playing cards and tossing back Champagne in an old French town house.

A 1992 series also for Vogue features close-ups of Canadian supermodel Linda Evangelista, her face painted in colour blocks of cherry red, teal blue, bubblegum pink and saffron in the style of renowned Expressionist painter Alexej Jawlensky.

Lagerfeld is a passionate connoisseur of modern art, and many of the photos in the show reflect that. Besides the Jawlensky series, there are homages to Oskar Schlemmer, the German artist at the Bauhaus school, and to U.S. painter Roy Lichtenstein's signature pop art style.

Other celebrity portraits — displayed on a massive wall, like a checkerboard of the beautiful, the thin, the rich and the famous — include shots of fashionistas from Claudia Schiffer to Eva Herzigova and actors including Jack Nicholson and Monica Bellucci.

Director David Lynch — captured in black-and-white as he leans over to light a cigarette, his trademark shock of bone-white hair flopping over his forehead — said he loved the portrait.

"It's my favourite picture that anyone's taken of me, ever," Lynch said during the opening. "I don't really know why, I just like it. Perhaps because I look very good in it," he added with a wink.

THE ASSOCIATED PRESS

ROGERS™
authorized dealer

BURNABY
Crystal Mall
4500 Kingsway
(604) 718-2112
Lougheed Town Centre
(604) 420-7979
101-3855 Henning Dr.
(604) 431-2900
Metropolis at Metrotown
(Near Skytrain) (604) 433-8000
(Near SilverCity) (604) 430-3903
(Near T&T) (604) 432-9303
COQUITLAM
The Coquitlam Centre
(604) 941-6122
DELTA
Bayside Village
(604) 943-3602
5180 Ladner Trunk Rd.
(604) 946-7100
Scottsdale Centre
(604) 590-9011
FERNIE
522 2nd Ave.
(250) 423-2171
LANGLEY
Willowbrook Shopping Centre
(604) 532-8400
(604) 532-9099
Fraser Crossing
(604) 532-0440
MAPLE RIDGE
Valley Fair Mall
(604) 466-1675
330 – 20395 Lougheed Hwy.
(604) 460-2888
NEW WESTMINSTER
Royal City Mall
(604) 777-9906
NORTH VANCOUVER
8-1301 Marine Dr.
(604) 983-3335
Park and Tilford Mall
(604) 988-2803
120a-1199 Lynn Valley Rd.
(604) 984-8900
RICHMOND
Aberdeen Centre
(604) 279-9187
Lansdowne Mall
(604) 247-2355
Aberdeen Centre
(604) 303-8811
Richmond Centre
(604) 273-2203
SOUTH SURREY
Semihamoo Mall
(604) 536-1010
South Point Exchange
(604) 531-2500
SURREY
701-6476 176th St.
(778) 571-0776
Central City Mall
(604) 583-7000
500-18696 Fraser Hwy.
(604) 576-6360
Guilford Town Centre
(604) 951-9399
Centre of Newton
(604) 599-5522
Nordel Crossing
(604) 543-8886
VANCOUVER
Bentall Centre Mall
(604) 602-0968
City Square
(604) 876-0888
920 Davie St.
(604) 684-5981
107-370 E. Broadway
(604) 879-1003
103-1807 Burrard St.
(604) 736-3326
6510 Fraser St.
(604) 325-6665
Kingsgate Mall
(604) 879-1003
1022 Mainland St.
(604) 608-2448
Oakridge Centre
(604) 267-1011
601 Robson St.
(604) 682-4333
1093 Robson St.
(604) 628-1388
1795 Robson St.
(604) 605-8290
148-555 W. 12th Ave.
(604) 876-0888
5759 West Blvd.
(604) 267-6383
2691 W. Broadway
(604) 736-1813
102B-2160 Western Parkway
(604) 221-5505
3565 Kingsway
(604) 718-8888
WEST VANCOUVER
Park Royal Mall North
(604) 921-1302
Park Royal Mall South
(604) 921-4880

ROGERS plus

BURNABY
6512 Hastings St.
(604) 291-9068
9869 Austin Dr.
(604) 421-7500
7645 Royal Oak Ave.
(604) 451-0233
Old Orchard Shopping Centre
(604) 433-6125
Brentwood Mall
(604) 320-0789
COQUITLAM
Coquitlam Plaza
(604) 464-4222
Austin Avenue Mall
(604) 931-5332
Clearbrook Town Square
(604) 854-1440
Westwood Plateau Village
(604) 464-5862
Como Lake Village
(604) 931-8104
DELTA
Sunshine Hills Shopping Centre
(604) 591-7767
MAPLE RIDGE
22430 Dewdney Trunk Rd.
(604) 463-2231
Westgate Shopping Mall
(604) 460-6527
NEW WESTMINSTER
104-1064 Columbia St.
(604) 524-1100
Royal Square Mall
(604) 515-8213
NORTH VANCOUVER
Capilano Mall
(604) 983-9744
1661 Lonsdale Ave.
(604) 980-7291
972 Marine Dr.
(604) 986-7500
PORT COQUITLAM
Prairie Mall
(604) 552-3316
Shaughnessy Station
(604) 941-2423
RICHMOND
192-8180 No. 2 Rd.
(604) 275-4848
8900 No. 1 Rd.
(604) 241-0711
Garden City Shopping Centre
(604) 244-7800
SURREY
Clover Square Village
(604) 574-6341
Evergreen
(604) 581-2287
10340 152nd St.
(604) 588-8900
Peninsula Village Shopping Centre
(604) 535-8828
101-7175 138 St.
(604) 599-8880
7306 124 St.
(604) 599-0099
Surrey Place
(604) 584-7274
TSAWASSEN
Bayside Shopping Centre
(604) 943-9940
VANCOUVER
2097 W. Broadway
(604) 733-3999
1674 Davie St.
(604) 687-8000
2696 E. Hastings St.
(604) 254-9555
5503 West Blvd.
(604) 266-6097
8377 Granville St.
(604) 266-1500
1295 Davie St.
(604) 669-7377
2200 York Ave.
(604) 732-5007
1027 W. 15th Ave.
(604) 731-1699
Victoria Square
(604) 301-1836
PACIFIC CENTRE
(604) 801-5292
WEST VANCOUVER
Park Royal Shopping Centre
(604) 926-2623
180-5341 Headland Dr.
(604) 925-6470

ADD A LINE FOR

$25/month/member
plus Government Regulatory Recovery Fee± with 3-yr. term

UNLIMITED CANADA-WIDE FAMILY CALLING[1]
UNLIMITED EXTREME TEXTING[2]
UNLIMITED PICTURE & VIDEO MESSAGING[2]
UNLIMITED TALK EVENINGS & WEEKENDS[3]
UNLIMITED SOCIAL NETWORKING[4]

$0 SMARTPHONE
WITH EVERY LINE ADDED

EXCLUSIVELY FROM ROGERS™

VISIT **ROGERS.COM/FAMILY** FOR MORE INFORMATION.

ROGERS™ authorized dealer · ROGERS plus · WIRELESSWAVE · booth · WIRELESS etc... · COSTCO WHOLESALE · FUTURE SHOP · sony style · BEST BUY

Offer effective August 3, 2010 and is subject to change without notice. Early cancellation fees apply. **±The Government Regulatory Recovery Fee ranges from $2.46 to $3.46/line/month (varies by province and plan selected).** It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. **It is not a tax or charge the government requires Rogers to collect and is subject to change. See rogers.com/regulatoryfee for details.** A one-time Activation Fee of up to $35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. 1. Between plan members. 2. Compatible device required. Includes unlimited Extreme Text/picture/video messages sent from Canada to Canadian wireless numbers and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions), sent international texts and sent/received Extreme Text/picture/video messages while roaming not included and charged at applicable rates. To learn more about Extreme Text, go to rogers.com/extremetext. 3. Local calls evenings from 9 pm to 7 am Mon.-Fri. and weekends from 9 pm Fri. to 7 am Mon., 400 local daytime minutes included. 4. (Smartphones): Unlimited social networking using basic features of select applications (built-in at time of purchase) and browsing on select social networking sites. Selection varies by device, visit rogers.com/socialnetworking for full details. Not available for BlackBerry devices. Usage subject to Rogers Terms of Service and Acceptable Use Policy, rogers.com/terms. Data transmission charges of $0.006/kB apply when roaming in the U.S. (except Flex Rate plans for which charges of $3/MB will apply); and $0.03/kB when roaming internationally. Visit rogers.com/mobilebrowsing for details.

™Rogers & Mobius Design are trademarks of or used under license from Rogers Communications Inc. or an affiliate. BlackBerry®, RIM®, Research In Motion®, SureType® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. All other brand names and logos are trademarks of their respective owners. © 2010 Rogers Communications.

GETTY IMAGES

▶Britney Spears

Nuptials for Brit?

Britney Spears was spotted out with a huge diamond on her ring finger, fueling speculation that boyfriend and former agent Jason Trawick proposed on their recent trip to Hawaii, according to the Sun.

Spears showed off the new jewelry while taking younger son Jayden out for a burger at a Southern California mall to celebrate his fourth birthday. Spears has been married twice before, briefly to childhood friend Jason Alexander and for two years to Kevin Federline.

METRO

Bono bridges politics

A bipartisan group of senior political hands is supporting an effort backed by U2 rocker Bono to talk with candidates about global AIDS and poverty.

Former Clinton White House chief of staff John Podesta and former Republican Sens. Norm Coleman and Rick Santorum signed onto the One Vote 2010 campaign.

"This is not only the right thing to do in a humanitarian sense, it is also important to our own national security and future growth markets for American investment," said Coleman, a former Republican senator. "One Vote 2010 is key to helping voters and candidates understand how American leadership in these areas is not partisan and must be maintained."

The Washington-based campaign is working with staff and volunteers in New Hampshire, Illinois, Ohio, Florida and Indiana — all states with open Senate races.

The campaign, with Bono as its champion, worked in 2008 to talk with presidential candidates and elicit pledges they would work to fight global AIDS and poverty.

THE ASSOCIATED PRESS

GETTY IMAGES

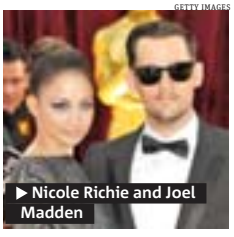
▶Bono

Lover's cat fight — Richie and Madden

There's reportedly tension on the home-front for Joel Madden and Nicole Richie after she took in three stray cats while he was away on tour, according to the National Enquirer. "Joel claims the cats hiss and scratch at him," a source says.

METRO

GETTY IMAGES



▶ Nicole Richie and Joel Madden

Gaga undermined by senate vote

A spokesman for Senate Majority Leader Harry Reid said Tuesday a vote to repeal the military's ban of openly gay and lesbian soldiers had been planned for next week before the singer made waves with a plea during a daytime talk show.

The pop star known for flashy performances and eccentric style called on Reid to repeal the military's "don't ask, don't tell'" policy in an interview with Ellen DeGeneres that aired Monday.

Reid's campaign and Gaga traded talking points on Twitter after the legislator announced the vote. Reid told Gaga repealing the measure was the right thing to do.

Campaign spokesman Kelly Steele said Reid does not take cues from Gaga.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Lady Gaga

Introducing in2net ADSLOne - *Unlimited Experience®*

- No Hassle Unlimited Uploads/Downloads
- Businesses pay the same residential rate
- Free ADSL modem rental with free failure replacement
- 3.0/6.0 Mbps Downstream & 1.0 Mbps Upstream*
- BONUS: FREE Static IP Addresses for limited time new signup promotion (valued at $5.95/month)

FROM $39.95 PER MONTH**

At In2net, you get one bill, one rate, and definitely no billing surprises.

For more information call 604-608-6868 or visit www.in2net.com

** Actual speed may vary based on service location and distance from central office (CO) **2 years contract*

in2net network inc.
Trusted Service Provider Since 1996

Student ¢ents

The key to financial independence is the ability to make sound and informed decisions. And, don't forget to treat yourself sometimes too!

THE STUDENT LIFE

Anna Weisen, 22, juggled her way through universit – figuratively speaking.

Anna Wiesen, left, with her housemates.

Weisen, who graduated from the University of Toronto this year with an Honours Bachelor of Science degree, prioritized purchases and got creative when she shopped. While tuition, rent and books were covered, it was discretionary spending that needed her attention most. One of the first changes she made as a freshman was to slash her clothing budget. "Yes, you want to look cool for your few years at university, but little things add up. I started buying basics that I could mix and match and also started shopping at lower-priced vintage stores. I also tried to shop when there were sales."

Weisen, who worked part-time and shared a house with several other students, planned her food purchases carefully too. While she cooked her own meals at home most of the time, one day a week Weisen treated herself and budgeted for coffee and dinner out.

And that's the reality of student life – you have to control your spending and periodically reward yourself, says Kavita Joshi, director, Student Banking, RBC.

It's so important to track and monitor your money so you know exactly where you stand financially

"Students are focused on getting that education and paying out what they have to... but not spending in ways that end up leaving them with a ton of debt to repay."

Students work hard – at school and at work (and 57 percent of students work during school). Like everyone, you're faced with having to make decisions and tradeoffs in life, says Joshi. Whether you want to buy a new guitar or textbooks, a transit pass or new sneakers, making an informed decision that works for you, is the key.

"It's so important to track and monitor your money so you know exactly where you stand financially," says Joshi. "Budgeting means you know how much money you have, and that helps you to make smart decisions about spending it."

FINDING FINANCIAL INDEPENDENCE

Most students don't have a lot of cash, says Joshi. Here are tips that can help you make informed decisions around where you do spend your money.

- *Understand your spending habits and live within your means. For example, if you are a bit of a spendaholic, don't bring a credit card when you go shopping. Always pay with cash or debit.*
- *Understand the difference between wants and needs. Make a list of your needs (transportation to and from school, tuition, rent) and your wants (going out with friends, nice clothes, electronics).*
- *Find a realistic and affordable balance between your needs and wants. Says Joshi: "It's about making sure that for the majority of the time you're really managing where your money is going and being sure that your needs are covered. Then, periodically, give yourself a treat so you can also have a balanced student life."*
- *Control the spending that you can control. For example, buy second hand textbooks, make your own coffee at home instead of buying it all the time, ride your bike instead of driving or public transportation, and bring your lunch rather than buy it in the cafeteria.*
- *Make conscious decisions about when and how you will take on debt. Knowing how to use credit responsibly and wisely is something everyone has to learn, says Joshi. Consider that there are lots of different ways to finance your education. For example, some students spread out their course load over several semesters to free up additional time in order to work more but still allow time for their student schedule. Be sure to explore available bursaries, grants and scholarships too, because most of these additional sources of funding don't have to be paid back. For example, RBC gives out over $300,000 in scholarships a year.*
- *Sit down and discuss all your financial options with your banker.*

For more information, visit ***www.betterstudentlife.ca.***

Offer refers to the RBC Student Banking account with no monthly fee, 25 free debit transactions a month and a no annual fee credit card. Or, open the RBC No Limit Banking for Students® account and your monthly fee will be fu

NYFW's Runway Roundup

A look at some of the trends from New York Fashion Week Chiffon and '70s-inspired designs appear on catwalk, along with classic looks and sophisticated cuts

1 MARK BADGLEY AND JAMES MISCHKA

Review: The real inspiration for the collection that debuted at the Lincoln Center tents was the 1987 movie White Mischief starring Greta Scacchi, about a 1940s-era affluent woman visiting Kenya and finding romance and adventure. They delivered that with a pool-print chiffon top and a long, white georgette skirt dotted with white petals, a strapless sand-and-ivory organza gown with more petals and silver beads arranged like fans, and a romantic rose-and-silver gown that looked like a satin slip and a penoir on top.

2 DKNY

Review: The DKNY woman breezed onto the runway wrapped in the brand's new heritage-print scarf. The spring collection offered for 2011borrowed from many classic wardrobe staples, including shirtdresses, ruffled blouses and trenchcoats. Karan's trim blazers and tapered trousers that she hoped would straddle precision and effortlessness, would work with anything.

3 MAX AZRIA

Review: Max Azria reminded the New York Fashion Week insiders — and hopefully some shoppers, too — that skin isn't always the key to sexiness. The spring 2011 clothes Azria previewed had a sensuality and sophistication that largely came from the ease of the silhouettes. So many of the dresses grazed the body and had such delicate straps that it was almost as if the models wrapped themselves in georgette or crepe sheets and were merely holding it all together with their fingertips.

4 NICOLE MILLER

Review: Miller went for an elegant layered look in her spring 2011 collection, with models walking the catwalk in thin fabrics in a subdued palette ranging from ivory to grey to black. An ivory jacket was worn over a long khaki silk georgette blouse and a satin chiffon dress. A pair of black shorts were cut just above the knee, giving them a very city chic look. A chiffon dress had a prism print on it, while a jacket had cutout shoulders revealing the skin.

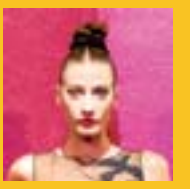
5 REBECCA TAYLOR

Review: Rebecca Taylor's head was in the '70s with mirror accents and pleated floral prints. A little bit Jerry Hall, a little bit Ali MacGraw, Taylor punched up some of her high-rise elastic waists with tulip and pom pom designs and knife pleats, sticking mostly to neutral shades of grey, blush, sand and taupe. A canvas trench offered a splash of bright orange, along with a chiffon dot print in camisoles and midi-skirts in lively cherry.

THE ASSOCIATED PRESS

3 life

NYFW Trends



Top knots

Orange lips

Frizzy hair

Adding a film to its show, Rodarte presents spring at NY Fashion Week

Get what you need **AND** what you want with advice from RBC Royal Bank®.

Open a **FREE** student banking account[1] or credit card before September 30, and you're automatically entered to **WIN**™ a daily prize of $1000.

rbc.com/windaily

Advice you can bank on™

[1] rebated when you also hold a qualifying investment and credit card. For full offer and product details please visit www.rbc.com/student. ™ Contest runs from July 1, 2010 to September 30, 2010. Weekly draws begin July 6, 2010. Winners

SO MANY ITEMS ON SALE

GRAPHIC T'S	$ FROM 5
GIRLS POLOS	$ FROM 5
SWEATERS	$ FROM 12.50
JEGGINGS	$ FROM 14.50
HOODIES	$ FROM 15
SHIRTS	$ FROM 15

Come with colour

Marc Jacobs offers up fun, flirty styles for spring 2011

SETH WENIG/THE ASSOCIATED PRESS

▶ Marc Jacobs spring 2011 collection is modeled during Fashion Week in New York

Marc Jacobs knows his clientele and offered up some colorful and fun, flirty styles for his secondary line Marc by Marc Jacobs for spring 2011.

The fashion show, which was at the New York State Armory, the sixth day of New York's Fashion Week, opened with a model wearing a sweet striped long dress that hit below the knee.

Jacobs carried on the frizzed-out hair look from his eponymous line, which he showed the night before. Some models also wore hats that looked like colorful bowler hats.

A grey long dress with a grey top was paired with yellow wedges. There was a striped jumpsuit with beige wedges. A long red skirt was paired with a black, red and grey striped top.

A yellow long dress had a 1940s feel to it. A grey and red striped dress was cut above the knee and paired with grey wedges. Another striking look was a parachuter's jumpsuit was paired with beige platforms. A pretty red and white striped long dress had bows on the shoulders. It was worn with a blue and white bag.

For a sexy day at the beach, there were black short shorts with an olive green shirt. For men, a pair of copper pants was paired with a sleeveless grey raincoat and a shirt. A grey striped suit with tight pants was paired with red and green sneakers.

THE ASSOCIATED PRESS

THE "MY DOG FITS INTO MY HANDBAG"

DESIGNER EYEGLASSES
INCLUDES FRAMES & LENSES

2 FOR $199*

NEW LOOKS. NEW PRICES. NEW PEARLE.

PEARLE VISION®

BRENTWOOD TOWN CENTRE, COQUITLAM CENTRE,
WILLOWBROOK SHOPPING CENTRE, CENTRAL CITY SHOPPING CENTRE

*Price includes single-vision scratch resistant, UV lenses. Taxes extra. Choose from a select group of frames. Other lenses, lens enhancements and multifocals are extra. Second pair must be from the same price range of frames and lens range or below. Valid prescription required; both frames must be same prescription. See store associate for details. ©2010 Pearle Vision. All Rights Reserved.

PEARLEVISIONBC.CA

American sportswear look of the 1970s coming back

▶ The Diesel Black Gold spring 2011 collection modeled during Fashion Week in New York

- NY Fashion Week takes a trip back in time this year
- Three designers show their stuff

Say what you will about disco, the 1970s were a good time for American fashion. And iff it feels like decades whiplash, you may be right. Fall is the time for the '50s polished lady, and it wasn't so long ago that fashion was embracing the '80s.

But the '70s have been creeping forward, too. Wide-leg pants hitting stores for fall will go looser and easier for spring.

HALSTON

The city-loving night owl that has long defined the Halston customer probably doesn't get out into the garden much, so designer Marios Schwab gave her a few reminders of what it might be like out there: light, pretty, soft.

A black jersey dress, for example, had a gold snake-like halter top, and a two-tone, one-shoulder gown had a burnout effect in the beading.

All it took from a white, high-neck georgette dress to become a sexy number were split sleeves and a gold waistband, and an ivory-pink jersey dress was gathered at the bottom, as if the model had just tacked up a longer gown because she no longer wanted to be bothered by the fuss.

TRACY REESE

Tracy Reese likes her cat-walk to be a happy place and she consistently turns out clothes that suit that mood.

For the spring collection that previewed Monday at Mercedes-Benz Fashion Week, she used a black halter maxi dress, a waves-and-orchid print peasant blouse and the poncho worn over a tie-neck blouse and Bermudas all channelled the relaxed style of a woman unconcerned about her BlackBerry or iPhone and is ready to tackle the world.

DIESEL BLACK GOLD

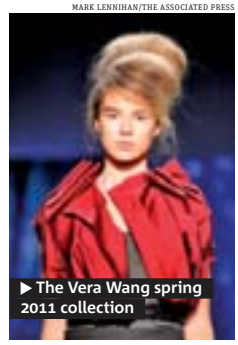
Flowing rock goddess dresses and tomboy suede jackets in neutral khaki, rich browns and camel were set against the sunny New York City skyline for the earthy Diesel Black Gold presentation.

Leaf motifs more suited to autumn popped up on tailored leather jackets with cross-hatched seams, and in fringe overlay on short dresses and flowing longer versions topped with tight, edgy leather bodices anchored by braided straps.

Diesel called the collection an ode to the laid back style of the West Coast.

THE ASSOCIATED PRESS

MARK LENNIHAN/THE ASSOCIATED PRESS



▶ The Vera Wang spring 2011 collection

Vera Wang courting Kill Bill

Vera Wang typically specializes in artful, romantic styles, which might give one pause to the reference in her newest collection to Quentin Tarantino's violent Kill Bill.

But Wang, in her explanation to editors, stylists and retailers in the audience of her New York Fashion Week show, said it was a "fusion of East meets West, with a mixture of boyish urban sophistication and romantic otherworldly sensuality."

Of course, Wang's dresses were the best offering on the runway, including a red silk-tulle gown with a high neck and hand-ruched draping over a bustier, and a grey jersey dress with twisted pleats and a sheer organza back drape.

In recent years, Wang's catwalk has become a bit of a petri dish with the designer not afraid to take risks for big payoffs. It makes for a more directional and influential collection.

THE ASSOCIATED PRESS

Medley's Restaurant & Lobby Lounge

Holiday Inn
Market Fresh
Lunch Buffet
Monday - Friday
11:30 am to 2 pm
Only $10.95!
1110 Howe Street, Vancouver • 604-684-2151
www.hivancouverdowntown.com

FLOOR COVERING INSTALLER
Required immediately!
Minimum 5 years experience must be able to work alone 8 hrs/day 40 hrs/week $5000 monthly
Apply by fax
604-279-0983
to NPT flooring Installation

10 Full Time Positions Available
Average $600-$1000/week
10 F/T positions
Opportunity for rapid growth and advancement.
No experience. Training provided.
Call for an interview
604-451-4466
summittenergy.ca

TOP 5 CHIROPRACTORS
RECOMMENDED BY METRO READERS
DR. RAMINDER BADYAL
"I have had an excellent overall experience with Dr. Badyal."
DR. PAUL DODSWORTH
"Paul is a fantastic chiropractor. He takes time to get to know his patients, taking a medical history that is holistic in approach."
DR. MARINA STOILOV
"Her gentle yet very effective approach is exactly what every chiropractor should try to obtain!"
YALETOWN CHIROPRACTIC
"Dr. Stephanie Bonn is the best - my husband has been a valued client for more than five years. Great facility, great location and great service."
JEFFREY QUON
"Dr. Quon is a gifted practitioner and a gifted diagnostician. I found him some 10 years ago, and he's done wonders for me."
NEXT WEEK'S TOP 5 – ACCOUNTANTS
Recommend your Accountant by Friday and you could WIN A HP MINI 10.1" NETBOOK!
TO ENTER VISIT METRONEWS.CA/GIGPARK
Powered by metro and gigpark

Brace yourself: This one is a stomach filler

The Anaconda is contending for the title of sandwiches

LUNCH RUSH

JOAN CHANG
FOOD@METRONEWS.CA

- **The factory**
- **1017 Granville Street**
- **(604) 669-9463**
- **Hours of operation: Monday to Saturday 11:30 a.m. to 2 a.m., Sunday 11:30 a.m. to 1 a.m.**
- **Rating: 3.5 stars**

Remember when U.S. chain Friendly's introduced the Grilled Cheese Burger Melt? Fifteen-hundred calories and 97 grams of fat's worth of burger between two grilled cheese sandwiches.

They don't sell it in Canada.

However, one Canuck 'wich is contending for the heavyweight champion of sandwiches.

That's the Anaconda ($9.95) at The Factory.

It's really four sandwiches in one. A BLT and a cheeseburger topped with fried onion rings and crammed between two grilled cheese sandwiches.

I don't know how much fat that is and I don't want to know.

There's two ways to look at this.

Why try it? It actually IS delicious. The grilled cheese is surprisingly greaseless on the outside. The crispy onion rings and bacon add crunch. Did I mention it's a humongous bacony sandwich?

Why stay away? You're probably consuming a week's worth of fat. Heart attacks, obesity and so on and so forth.

If you DO order it: Share it with a very brave friend and hold on for dear life. I ended up with a lap of burger because I didn't heed the server's warning.

JOAN CHANG/FOR METRO VANCOUVER

▶ The Anaconda ($9.95) at The Factory.

Veggie Melts

Ingredients :

- 2 English muffins or 4 slices of multi-grain bread
- 30 ml (2 tbsp) low fat mayonnaise dressing
- 50 ml (1/4 cup) corn, fresh or canned
- 50 ml (1/4 cup) chopped cucumber
- 50 ml (1/4 cup) chopped tomato
- 30 ml (2 tbsp) chopped green onion (optional)
- 2 slices (each 30 g/1 oz) low-fat Swiss or cheddar cheese

Melted Swiss or low-fat cheddar top these English muffins, spread with a mixture of corn kernels, cucumber, tomato and green onions. They make a nice weekend lunch or healthy snack.

Preparation:

1. Toast muffins or bread and spread with mayonnaise and vegetable mix.
2. Top with slices of cheese and broil in the oven until cheese is melted.

THE CANADIAN PRESS

The WestJet autumn seat sale.
Last day to save.
From Vancouver:
from $119 Los Angeles
from $139 San Francisco
Book your California adventure today at westjet.com or call your travel agent.
*Book by September 16 (11:59 p.m. MT) for travel on Mondays, Wednesdays and Thursdays until December 16, 2010. Fares on other days may be higher. Taxes, fees and surcharges are extra where applicable. Fuel surcharge still applies to Air Miles™ redemption bookings. Seats at these fares are limited and may not be available on all flights. New bookings only. 100% non-refundable. Offer combinable with other fares. Flights may not operate on certain days. All fares shown are one way. See westjet.com for details.
Beautiful white sandy beaches.
Breathtaking vineyards.
Golf Courses that are way above par.
Theme parks to thrill the kid in all of us.
Unforgettable shopping that fits any budget.
WESTJET.COM

Pepin Brook's pastoral charm

- HST rolled into prices for Morningstar's new development
- Spacious, contemporary homes

SUITE TALK

LINA TOYODA
HOME@METRONEWS.CA

Are you ready to trade in your city condo for a house in the suburbs with a sprawling backyard? For those who may be looking for more space for a growing family, Morningstar Homes offers a quaint and quieter lifestyle in their new Pepin Brook development in Abbotsford.

There's been a misconception about the HST, and people think it's much more expensive to buy a new home now, says president of Morningstar Homes Bob Morse. So with affordability in mind, the developer decided to roll in the HST into the prices of the 150 new homes, now on sale.

Surrounded by a pastoral setting with a young vineyard to one side, and spanning views of Mount Baker on the other, Pepin Brook offers spacious three- and four-bedroom homes in a family-friendly community.

Starting at $512,900 including HST, Morse says buyers can now get a brand new home for less than a comparable used home in the area. Featuring contemporary design, varying interior colour schemes and high-end finishes like granite counters and Kohler fixtures, all of their homes include a full basement that can be expanded into.

Morse says that Morningstar strives to have cutting-edge plans. "Our signature is wide open spaces and a vaulted two-story space in the family room, so you walk in and it's a feeling of space and light." Ten minutes away from Langley and 20 minutes from the Port Mann bridge, Morse says it's well-located if you also need to get into the city.

The lowdown

- **WHAT** Pepin Brook by Morningstar Homes
- **HIGHLIGHTS** New single-family homes in Abbotsford; Three- and four-bedrooms plus basement; Generous backyards; Family-friendly neighbourhood
- **PRICES** Starting at $512,900 (HST included)
- **CONTACT** Sales office at 29363 Bordeaux Terrace, Abbotsford, B.C.; Open daily except Fridays, 12 – 6 p.m. 604.856.1118
- **WEBSITE** morningstar-homes.bc.ca

▶ Morningstar Homes' Pepin Brook project in Abbotsford.

Kids' decor all grown up

Betsy Burnham loves designing bedrooms for young children. But before she can begin, she sometimes has to steer clients away from painfully cute design ideas.

"I don't like cutesy things — the murals, the Disney things," says Burnham, an interior designer based in Los Angeles.

"Why give them a really babyish room, when it's so expensive to change everything" as the kids grow older?

Many parents feel obligated to stick with colours and imagery commonly associated with little kids. "But when you do that," says designer Brian Patrick Flynn, founder of decordemon.com, "you create a powder keg, because then you have to redecorate when they get bigger."

How do you create a space that is kid-friendly, but will also grow with your child and mesh with the rest of your home?

Flynn, Burnham and HGTV's latest Design Star winner, Emily Henderson, share their advice:

BREAK THE RULES

Forget the typical pastels and primary colours. Flynn loves vibrant oranges and greens for kids' bedrooms: "They're high energy, but totally gender-neutral."

White and brown are also a great combination, he says, because you can accessorize them with a range of other colours as the child's taste changes.

If you're set on pink, Burnham suggests using a shade like salmon or watermelon instead of a more predictable bubblegum pink.

And rather than a basic royal blue, consider a deep navy for a look that's crisp and a bit more grown-up.

SKIP THE KIDDIE FURNITURE

Burnham says a dresser with a changing pad on top can be a functional and stylish alternative to a traditional changing table. And rather than buying a prefab kids' table and chairs set, Henderson recommends hunting at flea markets for vintage school chairs and desks. No need to buy a toddler bed: Your child doesn't need one.

THE ASSOCIATED PRESS

Hygiene 101

Sure, you know how to wash your hands and avoid germs but are you doing it right? Here's the proper technique:

- Wet hand with warm water.
- Apply soap, lather and scrub for approximately 15-20 seconds.
- Wash between digits, on fingertips, around wrists and on the back of hands.
- Rinse thoroughly.
- Dry hands.
- Use a cloth to turn off taps.

ISTOCK

▶ Washing your hands and eating well are key to staying healthy on campus.

Staving off sickness

Maintaining healthy habits is key to stay germ-free this school year

KEITH CARMEN
FOR METRO CANADA

Autumn: As trees turn colour and students flock back to their respective education facilities, a healthcare professional's thoughts turn to … germs. After all, fall is the time of flu, allergies, colds and the rampant dispersal of those illness purveyors that tend to prosper in throngs of humans.

So, how do we combat germs and maintain that clean bill of health while school's in session? As Nancy Pollock, a campus nurse advises, eating right and washing hands remain the most important practices.

"You may be young, eager, broke and busy but maintaining proper eating habits and cleanliness is vital to staying healthy year-round."
NANCY POLLOCK

"Education is always the best method to remain healthy and germ free," she notes. "From a healthcare perspective, we focus on educating students to eat a healthy diet and wash hands. That's the key aspect a lot of people underestimate."

Still, even the most diligent scrubber can end up ill. To that extent, Pollock caveats that while a paper may be due tomorrow urging one to press on and attend class, taking some downtime may be the best course of action.

"Those with a fever should abstain from class. If you're coughing and sneezing — which you should do into your sleeve — those are airborne germs so stay home or you could make others sick. Also, if you push too hard, your immune system weakens and you end up getting sicker than if you just took a day off."

If you're unsure? Check with your GP or campus clinic.

"AWESOME"
– Real user review
The free Metro Canada application is available on the App Store.
Don't have an iPhone or iPod touch?
Visit m.metronews.ca for news on the move.
metronews.ca

BECOME AN ELITE PERSONAL TRAINER!
Infofit
Do you have a PASSION for FITNESS?
Our graduates are in HIGH DEMAND!
Start your profitable career in Personal Training Today!
INFOFIT Educators 604.683.0785 • admin@infofit.ca
VANCOUVER • BURNABY • SURREY • WHITE ROCK
INTERNATIONALLY • ONLINE • WWW.INFOFIT.CA

SFU SIMON FRASER UNIVERSITY COMPUTING SCIENCE
DUAL DEGREE PROGRAM IN CANADA & CHINA
www.cs.sfu.ca/SFU-ZU
778.782.7112 cschina@sfu.ca

BLUE EGG
TRIPLE THREAT TRAINING
SING - DANCE - ACT
Fall Training Programs - Apply Now!
Sing/Voice • Acting • Ballet • Contemporary
Hip Hop • Jazz • Tap • Conditioning
207 West Hastings Street, 604.569.0326
BlueEggEntertainment.com
Cut out this ad & enjoy 1 FREE session
(One offer per new customer - Call to book your session. Expires December 31/10)

INCOME TAX COURSE
CURRICULUM
During the 13-week course, students study the basics of income tax preparation including current laws, theory and application.
SUCCESSFUL STUDENTS RECEIVE
an H&R Block certificate of accomplishment and the opportunity to interview for employment with H&R Block.
H&R BLOCK KNOWS TAXES
and how to teach them. Our instructors are expertly trained and are experienced Block personnel who make each session an exciting experience with discussion sessions, reference materials and instructions using regulation forms and schedules.
CLASSES BEGIN SEPTEMBER 11
Choose between morning, afternoon and evening sessions. Applicants need only the willingness to learn about taxes.
THE TUITION COST
covers the complete course, including textbooks, all materials, reference guides and registration.
FULL DETAILS ARE AS CLOSE AS YOUR PHONE
Just call for complete details on class locations, starting dates, tuition, etc.
REGISTER TODAY!
Register online at hrblock.ca or call 1-877-32BLOCK (322-5625) for details.
H&R BLOCK®
ENROL NOW!
Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Income Tax Course is neither an offer nor guarantee of employment.
© 2009 H&R Block Canada, Inc.
CNTTSA_001

TAKE A BREAK FROM WORK
Visit metronews.ca to watch
metrotube
The video everyone's talking about.

Gadgets to gloat about

Fun stuff that fits your back-to-school needs No need to sacrifice style

RAF BRUSILOW
FOR METRO CANADA

Admit it, you're jealous of all those cool gadgets you see your classmates toting around — well, here are some tech goodies to turn a few heads of your own.

1. Nokia Bluetooth Stereo Headset BH-505: $89.85

Headphone cords kind of suck in general, which is why Nokia's newest Bluetooth headset is a cool way to listen to your favourite tunes or take calls wirelessly. The BH-505 has a nice, clean look, is flexible yet sturdy and has convenient controls for switching between tunes or phone calls easily. Best of all, it's priced reasonably and works with any Bluetooth-enabled device, so it's perfect for your iPhone or other smartphones.

2. Samsung HMX-U20 Full HD camcorder: $249.99

Sometimes your phone's built-in camera just doesn't cut it for capturing fun moments at school — enter the U20, a small and light HD camcorder that is sleek and easy to use. The U20 takes full HD video in 1920 x 1080 resolution, has a 3x optical zoom and charges via USB connection with its built-in USB arm. Also features an HDMI port and one-touch uploading to sites like YouTube.

3. Speck Fitted iPad case: $39.99-$59.99

Surf the web in style with a snazzy case for your iPad that looks good while offering solid protection from scratches and dings. The Speck features a soft-touch matte coating and a fabric-wrapped hard shell for a great combination of comfort and protection that feels good in your hands.

4. Nikon Coolpix S8100 camera: $319.95

With its high-speed shooting features, the S8100 is a pocket camera with some definite photographic muscle. For sports or nature lovers, the camera can capture 10 frames per second in short bursts and comes equipped with automatic subject tracking to keep the autofocus poised on your chosen target. The 12.1 megapixel camera also features a 10x optical zoom (30-300 mm) and a Vibration Reduction system to keep shots steady.

1

2

3

4

LIMITED TIME OFFER^

$0** BLACKBERRY® 8520

** with 3 year Fido Agreement and Data Add-on, at Pepper Wireless locations only.

+ **UNLIMITED** social networking or emails for as little as ¢**50/day!**
+ **FREE** BlackBerry® leather pouch valued at $34.95!**
+ **$35 activation fee is on us!***

That's **OVER $110 IN SAVINGS** with us!

Exclusive Offer from Pepper Wireless!
Bring this ad to our stores today!

Vancouver Locations
1st Ave Market
3189 Main Street
Broadway and Cambie

Shopping Mall Locations
Aberdeen Centre, Rmd
Lansdowne Centre, Rmd
Yaohan Centre, Rmd

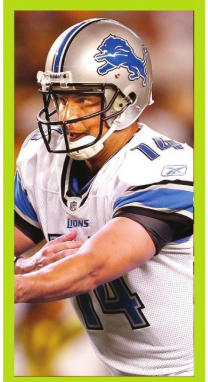
Shopping Mall Locations
Central City Centre, Surrey
Crystal Mall, Burnaby
Royal City Centre, New West

PEPPER WIRELESS
Exclusive Dealer
fido

Offers subject to change without notice. Early cancellation fees apply. ^Offer available until September 30, 2010, at Pepper Wireless locations only. *Offer available until November 1, 2010, subject to change without notice. Valid on new activation with a 2- or 3-year Fido Agreement. A credit of the entire amount of the $35 Activation Fee will appear on your first invoice. **Offer valid with 3-year Fido Agreement and Data Add-on. ™Fido & design and CityFido are trademarks of Fido Solutions Inc., used under license. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. All other brand names and logos are trademarks of their respective owners. © 2010 Fido Solutions Inc.

4 sports

Quoted



"Everybody plays this game to actually play it, not just to practice. So I'm very excited for the opportunity."
SHAUN HILL, ON BEING PICKED TO START THE DETROIT LIONS' HOME OPENER AFTER MATTHEW STAFFORD WAS HURT

"He's really frustrated, but still upbeat. I know he's going to get over this hurdle."
STAFFORD'S FATHER, JOHN STAFFORD, ON HIS SON'S SITUATION

Scan code for more sports

Lions finally find some confidence

Having won two straight, players upbeat about the state of the team

After stumbling around in the dark for the first half of the season, the B.C. Lions offence has finally found the light.

The 3-7 Lions have used a two-game winning streak to crawl out of the basement and move into third place in the CFL West. The 75 points B.C. has scored in the last two games matches what the team scored in the first four contests of the year.

Quarterback Casey Printers, who threw for his first 300-yard game of the season in last week's 37-16 demolishing of the Toronto Argonauts, said it all comes down to confidence.

"Our younger guys are more confident in what they are doing," Printers said yesterday. "The veteran guys are stepping up to the roles we have been asked to perform.

"It's an all-around team effort. We decided, it's been a choice, to turn this thing around."

Printers has thrown four touchdown passes in B.C.'s wins over Toronto and Montreal. That is more than he threw in his previous four starts.

"Confidence (begets) more confidence," said Printers. "If you go out there and play fast, play hard and play together, the ball starts bouncing your way."

Offensive guard Jon Hameister-Ries said during B.C.'s seven-game losing streak the team was like a picture slightly out of focus. A little fine-tuning and everything has become clearer.

"We have worked out little things," said Hameister-Ries. "Before, when we weren't doing so well, we had little things we needed to correct.

"Now we are starting to correct things and it's working for us."

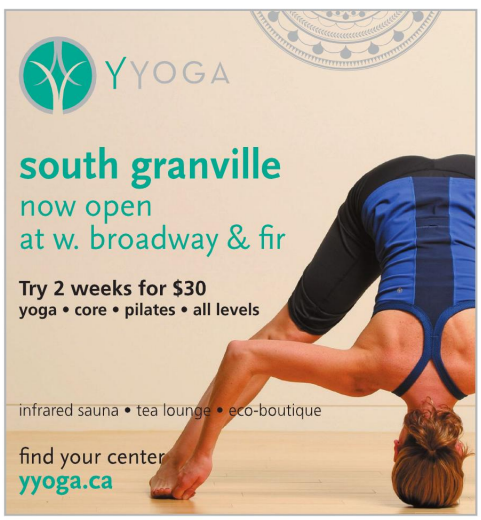
THE CANADIAN PRESS

Foley's flip-flop

- The Lions were still facing questions on defensive end Ricky Foley's flip-flop.
- Foley signed a contract with Toronto on Tuesday less than 24 hours after the Lions announced they had agreed to terms with the top Canadian player from 2009.
- Printers said Foley's agent Paul Sheehy was the one directing the comedy of errors. "Everybody wants to put it on the player," said Printers. "Really, it's the representation that is trying to do the best for the player. Ricky just did what any guy would do. He took the advice of the people around him. I can't say anything bad about him. He's a regular human being that made a decision."

DARRYL DYCK/THE CANADIAN PRESS

▶ Casey Printers of the B.C. Lions, left, hands off to Yonus Davis on Saturday's game against the Argos.



G4S
G4S Secure Solutions (Canada) Ltd.
The Leading International Security Provider
FT & PT positions
Must have BST
Operations Dept
fax
604-609-0309

Madrid, Milan off to strong start

- Teams open games with victories
- Chelsea maintains superb start to season with emphatic win

Real Madrid and AC Milan began their Champions League campaigns with 2-0 victories yesterday, while English rivals Chelsea and Arsenal opened with even more convincing wins.

Real Madrid coach Jose Mourinho presided over the nine-time champion's triumph against Ajax in the same Santiago Bernabeu stadium where he won last season's final with Inter Milan.

"We pressed a lot and we didn't let Ajax play how they like to play," Mourinho said. "My forwards just weren't sharp in front of goal."

Milan, Madrid's biggest rival in Group G, beat Auxerre after two goals from new signing Zlatan Ibrahimovic. Bayern Munich, beaten by Inter in the final in May, defeated AS Roma 2-0 in Group E.

THE ASSOCIATED PRESS

"It looked like boys against men tonight. They clearly dominated the game."
AJAX COACH MARTIN JOL

Baseball. Homers

▶ Dan Johnson celebrates a two-run home run.

J. MERIC/GETTY IMAGES

Johnson hits it home

Dan Johnson hit a pair of two-run homers last night, leading the Tampa Bay Rays to a 4-3 victory over the New York Yankees and back into first place in the AL East.

THE ASSOCIATED PRESS

Bautista's drive ties Toronto club record

17 Toronto has hit at least one home run in 17 consecutive games, the longest run in the AL this year, and one short of the Reds' NL-best 18.

The Baltimore Orioles withstood Jose Bautista's major league-leading 47th home run and ruined the debut of right-hander Kyle Drabek with a 3-1 victory over the Toronto Blue Jays last night.

Bautista's drive tied the Toronto club record set in 1987 by George Bell. It was his seventh of the season versus the Orioles, the most against any team, and second off O's pitcher Brad Bergesen (7-10).

THE ASSOCIATED PRESS

2005 Heisman to remain vacated

STEPHEN CHERNIN/GETTY IMAGES

▶ Bush and his trophy.

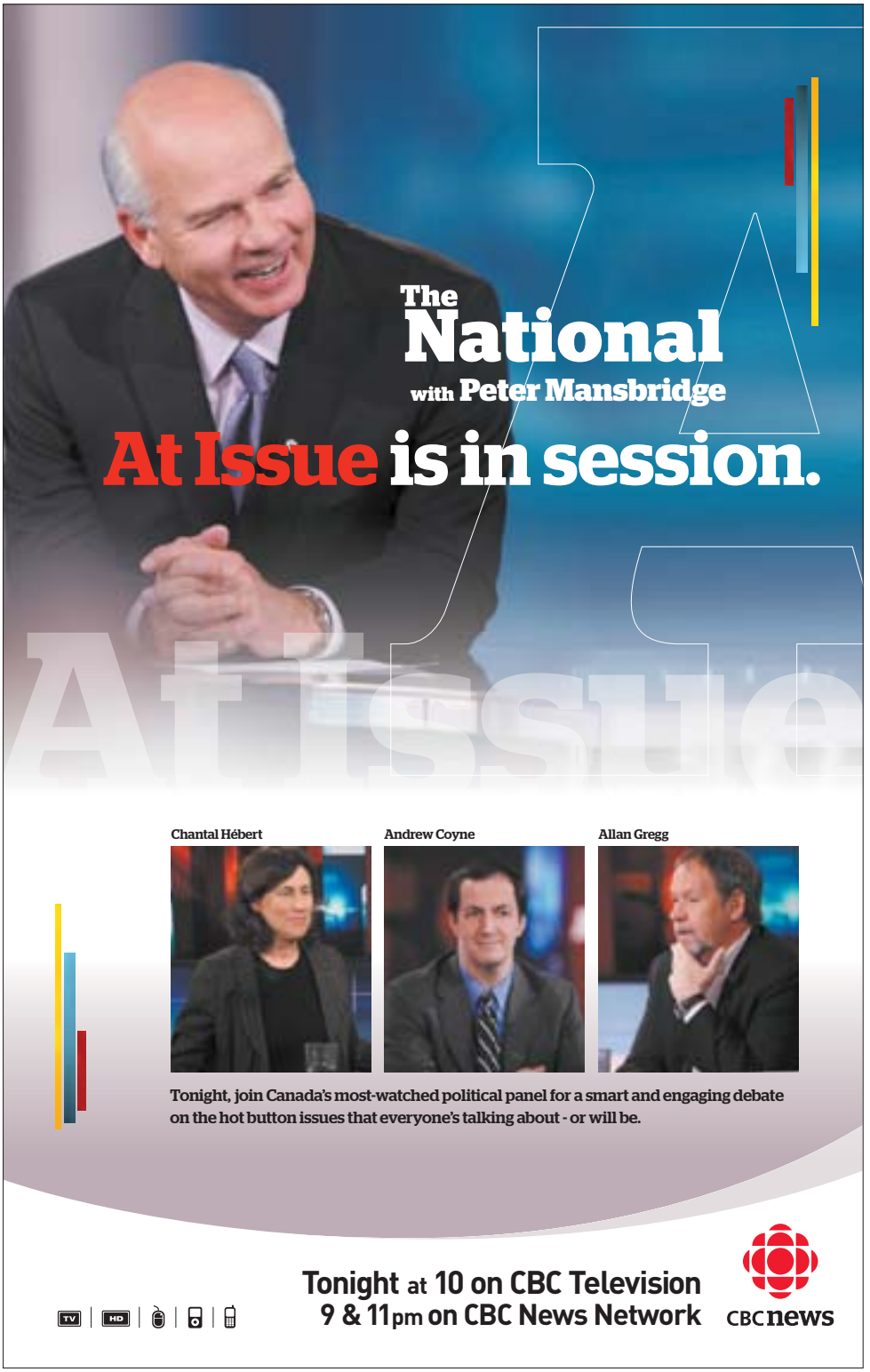
There will be no 2005 Heisman winner now that Reggie Bush has returned the award from that year.

The head of the Heisman Trophy Trust said yesterday the award will be vacated.

Bush announced Tuesday he would forfeit the trophy he won with Southern California.

In June, the NCAA ruled him ineligible for that season for receiving improper benefits.

THE ASSOCIATED PRESS



MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Tampa Bay	88	57	.607	—	—	5-5	W-1	45-27	43-30
New York	88	58	.603	½	—	2-8	L-1	49-25	39-33
Boston	82	64	.562	6½	6	6-4	W-4	42-30	40-34
Toronto	73	73	.500	15½	15	3-7	L-3	39-33	34-40
Baltimore	58	88	.397	30½	30	8-2	W-3	33-41	25-47

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Minnesota	87	58	.600	—	—	9-1	W-4	48-23	39-35
Chicago	79	66	.545	8	8½	4-6	L-2	40-30	39-36
Detroit	72	74	.493	15½	16	4-6	L-2	47-28	25-46
Kansas City	60	85	.414	27	27½	4-6	W-2	33-38	27-47
Cleveland	59	86	.407	28	28½	5-5	L-1	31-42	28-44

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Texas	82	63	.566	—	—	7-3	W-7	48-26	34-37
Oakland	72	73	.497	10	15½	5-5	L-2	44-30	28-43
Los Angeles	71	74	.490	11	16½	6-4	W-1	38-34	33-40
Seattle	55	91	.377	27½	33	2-8	L-7	33-41	22-50

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Philadelphia	86	61	.585	—	—	8-2	W-4	45-27	41-34
Atlanta	83	64	.565	3	—	4-6	L-2	52-23	31-41
Florida	73	72	.503	12	9	4-6	L-3	35-36	38-36
New York	73	73	.500	12½	9½	7-3	W-3	43-27	30-46
Washington	62	84	.425	23½	20½	4-6	W-2	35-36	27-48

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	83	63	.568	—	—	4-6	W-1	45-29	38-34
St. Louis	74	70	.514	8	7½	3-7	L-3	43-27	31-43
Houston	70	76	.479	13	12½	6-4	L-1	39-36	31-40
Milwaukee	67	78	.462	15½	15	5-5	W-1	36-38	31-40
Chicago	65	81	.445	18	17½	6-4	W-3	33-42	32-39
Pittsburgh	48	97	.331	34½	34	3-7	L-3	33-39	15-58

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Diego	82	63	.566	—	—	6-4	L-1	42-32	40-31
San Francisco	82	64	.562	½	½	7-3	W-1	43-28	39-36
Colorado	80	66	.548	2½	2½	8-2	W-1	51-24	29-42
Los Angeles	72	74	.493	10½	10½	3-7	L-1	41-31	31-43
Arizona	58	88	.397	24½	24½	2-8	L-1	35-40	23-48

AMERICAN LEAGUE

Last night's results
Baltimore 3 Toronto 1
Boston 5 Seattle 1
L.A. Angels 7 Cleveland 0
Tampa Bay 4 N.Y. Yankees 3
Texas 11 Detroit 7
Minnesota 9 Chicago White Sox 3
Kansas City 6 Oakland 3
Tuesday's results
Cleveland 4 L.A. Angels 3
Baltimore 11 Toronto 3
N.Y. Yankees 8 Tampa Bay 7 (10 ings)
Texas 11 Detroit 4
Minnesota 9 Chicago White Sox 3
Kansas City 11 Oakland 3
Boston 9 Seattle 6
Tonight's games
(All times Eastern)
L.A. Angels (E.Santana 16-9) at Cleveland (Carmona 12-14), 7:05 p.m.
Minnesota (Pavano 16-11) at Chicago White Sox (Buehrle 12-10), 8:10 p.m.
Tomorrow's games
N.Y. Yankees at Baltimore, 7:05 p.m.
L.A. Angels at Tampa Bay, 7:10 p.m.
Toronto at Boston, 7:10 p.m.
Cleveland at Kansas City, 8:10 p.m.
Detroit at Chicago White Sox, 8:10 p.m.
Oakland at Minnesota, 8:10 p.m.
Texas at Seattle, 10:10 p.m.

NATIONAL LEAGUE

Yesterday's results
Washington 4 Atlanta 2
Milwaukee 8 Houston 6 (10 ings)
Colorado 9 San Diego 6
Cincinnati 7 Arizona 5
Philadelphia 10 Florida 5
N.Y. Mets 8 Pittsburgh 7
Chicago Cubs 7 St. Louis 3
San Francisco 2 L.A. Dodgers 1
Tuesday's results
Arizona 3 Cincinnati 1
Philadelphia 2 Florida 1
N.Y. Mets 9 Pittsburgh 1
Washington 6 Atlanta 0
Houston 3 Milwaukee 2
Chicago Cubs 7 St. Louis 2
San Diego 7 Colorado 6
L.A. Dodgers 1 San Francisco 0
Today's games
Arizona (R.Lopez 5-14) at Cincinnati (Volquez 3-2), 12:35 p.m.
Pittsburgh (Morton 1-11) at N.Y. Mets (Pelfrey 14-9), 7:10 p.m.
San Diego (Stauffer 4-3) at St. Louis (Westbrook 1-3), 8:15 p.m.
L.A. Dodgers (Lilly 8-10) at San Francisco (J.Sanchez 10-8), 10:15 p.m.
Tomorrow's games
Arizona at Pittsburgh, 7:05 p.m.
Washington at Philadelphia, 7:05 p.m.
Atlanta at N.Y. Mets, 7:10 p.m.
Chicago Cubs at Florida, 7:10 p.m.
Cincinnati at Houston, 8:05 p.m.
San Diego at St. Louis, 8:15 p.m.
Colorado at L.A. Dodgers, 10:10 p.m.
Milwaukee at San Francisco, 10:15 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	88	58	.603	-
Boston	82	64	.562	6.0
Chi White Sox	79	65	.549	8.0

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	83	64	.565	-
San Francisco	82	64	.562	0.5
Colorado	80	66	.548	2.5
St. Louis	74	70	.514	7.5
Florida	73	72	.503	9.0

AMERICAN LEAGUE

ORIOLES 3, BLUE JAYS 1

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
Wise rf	4	0	1	0	BRorts 2b	4	1	2	0
YEscor ss	4	0	0	0	Markks rf	3	0	1	0
JBautst 3b	4	1	2	1	Wggntn 3b-1b	4	0	2	0
V.Wells cf	4	0	2	0	Scott 1b	4	0	1	1
Overay 1b	4	0	1	0	J.Bell 3b	0	0	0	0
A.Hill 2b	3	0	0	0	Pie lf	4	1	1	0
Lind dh	3	0	0	0	Adkns cf	3	0	0	0
J.Buck c	3	0	0	0	Wieters c	2	1	1	0
Snider lf	3	0	1	0	CPttrsn dh	3	0	1	1
Clzturs ss	2	0	1	0					
Totals	**32**	**1**	**7**	**1**	**Totals**		**29**	**3**	**10**	**2**
Toronto						**100**	**000**	**000**	**1**
Baltimore						**100**	**200**	**00x**	**3**

E—Wigginton (20). DP—Toronto 2, Baltimore 2. LOB—Toronto 4, Baltimore 5. 2B—Overbay (32), B.Roberts (13). HR—J.Bautista (47). SB—B.Roberts (10), Markakis (7). CS—C.Patterson (4).

	IP	H	R	ER	BB	SO
Toronto						
Drabek L,0-1	6	9	3	3	3	5
Camp	1	1	0	0	0	0
S.Downs	1	0	0	0	0	1
Baltimore						
Bergeson W,7-10	9	7	1	1	0	3

Camp pitched to 1 batter in the 8th.
PB—J.Buck.
T—1:55. A—13,651 (48,290) at Baltimore.

CFL

WEEK 12

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	10	7	3	0	313	237	14
Hamilton	10	5	5	0	235	255	10
Toronto	10	5	5	0	220	280	10
Winnipeg	10	3	7	0	278	273	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	10	9	1	0	359	202	18
Saskatchewan	10	6	4	0	278	267	12
B.C.	10	3	7	0	245	260	6
Edmonton	10	2	8	0	187	341	4

Tomorrow's game
(All times Eastern)
Calgary at Saskatchewan, 9 p.m.
Saturday's game
Hamilton at B.C., 10 p.m.
Sunday's games
Winnipeg at Toronto, 1 p.m.
Edmonton at Montreal, 4 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Duval, Mtl	0	29	23	11	109
Maver, Cal	0	40	20	3	103
McCallum, BC	0	21	23	3	93
Congi, Sask	0	27	20	1	88
Shaw, Tor	0	18	19	6	81
DeAngelis, Ham	0	21	18	2	77
Prefontaine, Edm	0	15	16	7	70
Cates, Sask	11	0	0	0	66
x-Green, Mtl	8	4	0	0	52
Serna, Wpg	0	20	8	4	48

x - scored two-point convert

NFL

WEEK TWO

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Miami	1	0	0	1.000	15	10
New England	1	0	0	1.000	38	24
Buffalo	0	1	0	.000	10	15
N.Y. Jets	0	1	0	.000	9	10

SOUTH

	W	L	T	Pct	PF	PA
Houston	1	0	0	1.000	34	24
Jacksonville	1	0	0	1.000	24	17
Tennessee	1	0	0	1.000	38	13
Indianapolis	0	1	0	.000	24	34

NORTH

	W	L	T	Pct	PF	PA
Baltimore	1	0	0	1.000	10	9
Pittsburgh	1	0	0	1.000	15	9
Cincinnati	0	1	0	.000	24	38
Cleveland	0	1	0	.000	14	17

WEST

	W	L	T	Pct	PF	PA
Kansas City	1	0	0	1.000	21	14
Denver	0	1	0	.000	17	24
San Diego	0	1	0	.000	14	21
Oakland	0	1	0	.000	13	38

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	1	0	0	1.000	13	7
N.Y. Giants	1	0	0	1.000	31	18
Dallas	0	1	0	.000	7	13
Philadelphia	0	1	0	.000	20	27

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	1	0	0	1.000	14	9
Tampa Bay	1	0	0	1.000	17	14
Atlanta	0	1	0	.000	9	15
Carolina	0	1	0	.000	18	31

NORTH

	W	L	T	Pct	PF	PA
Chicago	1	0	0	1.000	19	14
Green Bay	1	0	0	1.000	27	20
Detroit	0	1	0	.000	14	19
Minnesota	0	1	0	.000	9	14

WEST

	W	L	T	Pct	PF	PA
Arizona	1	0	0	1.000	17	13
Seattle	1	0	0	1.000	31	6
San Francisco	0	1	0	.000	6	31
St. Louis	0	1	0	.000	13	17

Sunday's games
(All times Eastern)
Chicago at Dallas, 1 p.m.
Arizona at Atlanta, 1 p.m.
Buffalo at Green Bay, 1 p.m.
Philadelphia at Detroit, 1 p.m.
Pittsburgh at Tennessee, 1 p.m.
Baltimore at Cincinnati, 1 p.m.
Kansas City at Cleveland, 1 p.m.
Tampa Bay at Carolina, 1 p.m.
Miami at Minnesota, 1 p.m.
Seattle at Denver, 4:05 p.m.
St. Louis at Oakland, 4:05 p.m.
Houston at Washington, 4:15 p.m.
Jacksonville at San Diego, 4:15 p.m.
New England at N.Y. Jets, 4:15 p.m.
N.Y. Giants at Indianapolis, 8:20 p.m.
Monday's game
New Orleans at San Francisco, 8:30 p.m.

BETTING

PRO LINE LOTTERY ODDS

THURSDAY, SEPT. 16

No.	SPT	VIS	HOME	V+	V	T	H	H+	O	#	U
21	CFB	CIN	NCST	3.2	2.6	3	2	2.6	—	—	—
67	BBL	ARZ	CIN	3	2.5	3.1	1.3	1.5	2	9.5	1.5
68	BBL	LAA	CLE	1.9	1.6	2.8	1.8	2.2	1.9	8.5	1.55
69	BBL	PIT	NYM	3.25	2.65	3.2	1.25	1.4	1.8	8.5	1.6
70	BBL	MIN	CWS	2	1.65	2.75	1.75	2.1	1.6	8.5	1.8
71	BBH	MAUR	KONE	2.2	2	3	2.2	2.4	—	—	—
72	BBL	SD	STL	2.2	1.8	2.8	1.6	1.9	—	—	—
73	BBH	AGON	PUJO	2.6	2.3	3.2	1.9	2.1	—	—	—
74	BBL	LAD	SF	2.4	2	3	1.5	1.8	—	—	—
87	SCR	MNC	SALZ	—	1.45	3.7	5.5	—	—	—	—
88	SCR	SPOR	LILL	—	3.6	3	1.85	—	—	—	—
89	SCR	VIL	ZAGR	—	1.9	3	3.4	—	—	—	—
90	SCR	BORI	KIEV	—	7	4.25	1.3	—	—	—	—
91	SCR	PALR	PRAG	—	2.7	2.8	2.4	—	—	—	—
92	SCR	ZENT	AND	—	2.5	2.8	2.6	—	—	—	—
93	SCR	SMP	PSV	—	3.2	2.9	2.1	—	—	—	—
94	SCR	PSG	FCSE	—	5	3.6	1.5	—	—	—	—
95	SCR	UTRC	NAP	—	6.5	4	1.35	—	—	—	—
96	SCR	SOFI	BES	—	9	5	1.2	—	—	—	—

In the event of any discrepancy between this information and odds available from OLG, the latter shall prevail.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

NEW YORK YANKEES — Agreed to terms with LHP Royce Ring.

NATIONAL LEAGUE

MILWAUKEE BREWERS — Extended their affiliation agreement with Nashville (PCL) through the 2012 season.
SAN DIEGO PADRES — Claimed RHP Cesar Carrillo off waivers from Philadelphia. Designated RHP Craig Italiano for assignment.

BASKETBALL

NBA

ATLANTA HAWKS — Signed G-F Pape Sy.
NEW JERSEY NETS — Signed F Stephen Graham to a two-year contract. Named Doug Overton player development coach and Robby Hoenshel assistant trainer and director of sports rehabilitation.

FOOTBALL

NFL

CHICAGO BEARS — Signed LB Marcus Buggs to the practice squad. Terminated the contract of WR Greg Mathews from the practice squad.
CLEVELAND BROWNS — Signed RB Thomas Clayton and DB DeAndre Wright to the practice squad. Waived RB Andre Anderson and DB DeAngelo Smith from the practice squad.
INDIANAPOLIS COLTS — Signed DB DaJuan Morgan. Waived OL Joe Reitz.
KANSAS CITY CHIEFS — Signed LB Charlie Anderson. Placed LB Cameron Sheffield on injured reserve.
MIAMI DOLPHINS — Signed DL Lionel Dotson and LB Erik Walden. Waived DE Clifton Geathers and LB Micah Johnson.
NEW YORK GIANTS — Signed OL Dennis Landolt to the practice squad.
NEW YORK JETS — Placed NT Kris Jenkins on injured reserve. Signed DT Howard Green.
SAN DIEGO CHARGERS — Placed LS David Binn on injured reserve. Signed TE James Dearth.
SAN FRANCISCO 49ERS — Signed WR Jason Hill. Signed CB Tramaine Brock to the practice squad. Released LB Bruce Davis from the practice squad.

HOCKEY

NHL

NEW YORK RANGERS — Agreed to terms with D Marc Staal on a multiyear contract.
Central Hockey League
BLOOMINGTON PRAIRIE THUNDER — Signed D Matt Woodard, F Brent Clarke and F Jason Dale.

LACROSSE

NLL

BUFFALO BANDITS — Signed associate general manager Derek Graham to a two-year contract and F Roger Vyse and assistant coach Duane Jacobs to one-year contracts.

CYCLING

SPANISH VUELTA

At Penafiel, Spain
Yesterday's results
Stage 17
1. Peter Velits, Slovakia, HTC-Columbia, 52 minutes 43 seconds; 2. Denis Menchov, Russia, Rabobank, 12 seconds behind; 3. Fabian Cancellara, Switzerland, Saxo Bank, 0:37; 4. Gustav Larsson, Sweden, Sax Bank, 0:50; 5. Luis Leon Sanchez, Spain, Caisse d'Epargne, 1:03.
Overall Standings
(After the 17th stage)
1. Vincenzo Nibali, Italy, Liquigas-Doimo, 71 hours 19 minutes 49 seconds; 2. Ezequiel Mosquera, Spain, Xacobeo Galicia, 39 seconds behind; 3. Peter Velits, Slovakia, HTC-Columbia, 2:00; 4. Frank Schleck, Luxembourg, Team Saxo Bank, 3:44; 5. Joaquin Rodriguez, Spain, Team Katusha, 3:45; 6. Xavier Tondo, Spain, Cervelo, same time; 7. Thomas Danielson, U.S., Garmin-Slipstream, 3:55; 8. Nicholas Roche, Ireland, AG2R La Mondiale, 4:03.

TENNIS

WTA GUANGZHOU INT'L OPEN

At Guangzhou, China
Yesterday's results
Singles — Second Round
Sania Mirza, India, def. Akgul Amanmuradova (3), Uzbekistan, 6-4, 6-3.
Han Xinyun, China, def. Chang Kai-chen (5), Taiwan, 1-6, 6-2, 6-4.
Zhang Shuai, China, def. Chanelle Scheepers, (8), South Africa, 6-1, 6-0.
Alla Kudryavtseva, Russia, def. Ekaterina Ivanova, Russia, 6-4, 2-6, 6-2.
Maria Elena Camerin, Italy, def. Alberta Brianti, Italy, 6-4, 3-6, 6-4.

WTA TOUR CHALLENGE BELL

At Quebec City
Singles
Second Round
Rebecca Marino, Toronto, def. Marion Bartoli (1), France, 6-3, 6-1.
Lucie Safarova (3), Czech Republic, def. Johanna Larsson, Sweden, 6-4, 6-2.
Bethanie Mattek-Sands, U.S., def. Julia Goerges (6), Germany, 6-1, 6-4.
Doubles
First Round
Stephanie Foretz Gacon, France, and Kathrin Woerle, Germany, def. Sarah Borwell, Britain, and Raquel Kops-Jones (4), U.S., 6-1, 6-4.
Jill Craybas, U.S., and Julia Goerges, Germany, def. **Stephanie Dubois, Laval, Que. and Valerie Tetreault, Saint-Jean-sur-Richilieu, Que.,** 6-2, 6-3.
Quarterfinals
Sofia Arvidsson and Johanna Larsson, Sweden, def. Carly Gullickson and Abigail Spears (2), U.S., 7-6 (4), 6-3.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	24	13	6	5	33	23	44
New York	24	12	8	4	30	25	40
Toronto FC	24	7	10	7	22	27	28
Kansas City	22	7	9	6	22	24	27
Chicago	22	6	8	8	28	30	26
New England	23	7	13	3	24	38	24
Philadelphia	24	6	12	6	27	39	24
D.C.	24	5	16	3	16	37	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	24	14	5	5	36	18	47
Real Salt Lake	24	12	4	8	37	16	44
FC Dallas	23	10	2	11	29	17	41
San Jose	23	10	7	6	25	23	36
Colorado	23	9	7	7	29	24	34
Seattle	24	9	9	6	26	29	33
Chivas USA	23	7	12	4	25	29	25
Houston	23	6	12	5	28	38	23

Last night's result
San Jose 1 Philadelphia 0
Tonight's game
(All times Eastern)
New York at FC Dallas, 9 p.m.
Saturday's games
Chicago at Real Salt Lake, 4 p.m.
Seattle at Columbus, 7:30 p.m.
Toronto FC at Houston, 8:30 p.m.
New England at Colorado, 9 p.m.
D.C. United at Los Angeles, 10:30 p.m.

CONCACAF CHAMPIONS LEAGUE

FIRST ROUND
Last night's results
Group A
Arabe Unido (Panama) 0 Cruz Azul (Mexico) 6
Real Salt Lake (U.S.) 4 Toronto (Canada) 1
Group D
Toluca (Mexico) 3 Puerto Rico (USL) 0

CHAMPIONS LEAGUE

FIRST ROUND
Yesterday's results
Group E
Bayern Munich (Germany) 2 AS Roma (Italy) 0
Cluj (Romania) 2 Basel (Switzerland) 1
Group F
Marseille (France) 0 Spartak Moscow (Russia) 1
Zilina (Slovakia) 1 Chelsea (England) 4
Group G
AC Milan (Italy) 2 Auxerre (France) 0
Real Madrid (Spain) 2 Ajax (Netherlands) 0
Group H
Arsenal (England) 6 Braga (Portugal) 0
Shakhtar Donetsk (Ukraine) 1 Partizan Belgrade (Serbia) 0

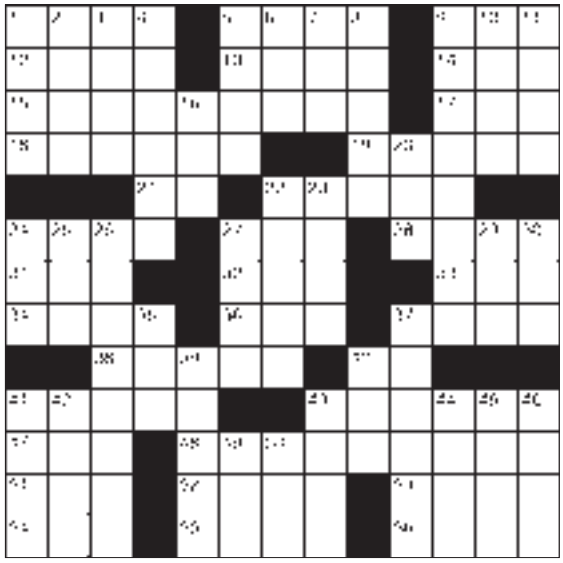
makes working out feel like making out.

GLACÉAU vitaminwater® mega c
try it

developed to replenish and rehydrate the body.

® energy brands inc., used under licence

Crossword



Across

1 Whack at 9-Across
5 Oil cartel acronym
9 Insect
12 Columbus' home
13 Pocket bread
14 Literary collection
15 Speaks ill of
17 Banned pesticide
18 Ranking
19 Verboten
21 Either mate
22 Reside
24 Warhead weapon
27 Expert
28 Long periods
31 Extinct bird
32 "— the fields we go, ..."
33 Feedbag morsel
34 Spacecraft compartments
36 Erstwhile acorn
37 Nervous
38 Sphere of interest
40 Symbol for tin
41 Expiate
43 Choice piece of gossip
47 Bargain bin abbr.
48 Halitosis
51 Scarlet
52 Arm bone
53 Competent
54 "Undoubtedly"
55 Mast
56 Hinge (on)

Down

1 Weeps loudly
2 Abbott's second baseman
3 Verdi opera
4 Monotonous drumbeat
5 Comic strip penguin
6 Pendulum site
7 Ordinal suffix
8 Societal level
9 Bitterness
10 Loosen
11 Feline, to Francisco
16 "— Town"
20 Hearty brew
22 Fear, and then some
23 Toil
24 Mischievous tyke
25 Bill's partner
26 Oaths
27 Lifeguard's place
29 Kvetch
30 Pigpen
35 Trinity member
37 Ingratiate
39 Picture puzzle
40 Round Table address
41 Ethereal
42 Genealogy chart
43 Ski lift type
44 Infant
45 "— have to do"
46 He and she
49 Jungfrau, e.g.
50 "CSI" evidence

▶ Yesterday's answer

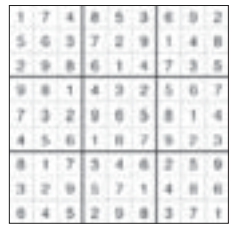
Sudoku

		6			4			5
3				8				
		5				9	7	
7			2	1				3
8			6		7			4
2				4	5			7
	4	1				3		
				6				1
9			3			4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Ms. Li, 16 years!!! Who would have THUNK! But "WE'VE" done it ! Happy Anniversary — Thank You for this Wonderful Loving Child, Family, Life. XOXOXO **A.ROD J-L**

I miss you deeply boo boo, I hope you will come back to class soon!! No matter where you are on this earth, I will love you with all my heart! Love you boo boo. **YOUR BOO KAYA**

To my Pink Pig. You are forever and always in my heart. My love will never die for you. **LOVE YOU ALWAYS, AP XO**

Dear Michele, You have been my light at the end of the tunnel for the last 10 years. No one could ever be as loving and sweet to me. I know you read the metro news every day on your way to work. I hope today it makes you smile more than ever. **LOVE B BEAR :»**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 There will be a change of emphasis in your affairs over the next few days. Work and well-being issues may be important to you now but relationships will soon replace them.

♉ Taurus April 21-May 21 Get your head out of the clouds and start thinking along more practical lines. No matter how many things have come easy to you of late you will soon have to work harder for your rewards.

♊ Gemini May 22-June 21 You have to admit that you could and should have done more to help someone in need, but there is no point making yourself feel bad. It is what you do next that matters. Do something that makes a difference.

♋ Cancer June 22-July 22 No matter what challenges you face you will handle them with ease — all you have to do is stay calm and refuse to let your imagination run away with you.

♌ Leo July 23-Aug.23 It may be that you don't have much room to manoeuvre at the moment but that may not be such a bad thing. The planets are forcing you in a particular direction for a very good reason — it's the best direction for you.

♍ Virgo Aug. 24- Sept. 22 Slow down and focus on the issues that matter. You have an abundance of energy but don't waste it on things that are of no real importance.

♎ Libra Sept. 23-Oct. 23 A week from today a new and more positive phase will begin. Before then, however, you must tie up loose ends at work and bring a personal dispute to an end.

♏ Scorpio Oct. 24-Nov. 22 Look closely at your life and you will discover that a route you thought had been closed for good is in fact still open to you. It's the route you are destined to take.

♐ Sagittarius Nov. 23-Dec. 21 You will see through someone's attempts to mislead you and, not surprisingly, you will make a big noise about it. Quite right too. It would be nice if everyone was as honest as you.

♑ Capricorn Dec. 22-Jan. 20 It's time to get serious about something you did not want to get serious about in the past. There may be more interesting things you would like to be doing but this is the one thing that really matters.

♒ Aquarius Jan. 21-Feb. 18 Try to be more tolerant of those who see things from a different perspective. Yes, of course, you are right and they are wrong but you cannot force them to see that.

♓ Pisces Feb. 19-March 20 Make an extra special effort to stay on good terms with people today. Even if some of them may drive you up the wall with their annoying ways.

SALLY BROMPTON

Caption contest

DIANE BONDAREFF/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

PATRICK B. KRAEMER/THE ASSOCIATED PRESS

CARLTON PARK GARDENS
10951 Mortfield Rd
1, 2 & 3 bedroom suites
from $905
• Fridge, stove & dishwasher
• Outdoor pool & indoor sauna
• Exercise room • Resident party room
• BBQ area • Annual resident events and social gatherings
• 10 Minutes to airport • 25 minutes to U.S border
• Public transit, shopping and schools close by
Ask about our move in bonus
604-275-2664
www.caprent.com
caprent.mobi

FLIGHT CENTRE Unbeatable
Puerto Vallarta
7 Nights 4-Star All-inclusive
from $398
+ taxes & fees $273
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. All-inclusive vacations include air. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

STOP HAIR LOSS
Spectral DNC - the world's most effective hair loss treatment.
Uses active ingredients to treat androgenic alopecia and other types of hair loss.
Clinically proven to regrow hair.
Suitable for men and women.
604.688.4555
433 davie street
shopmasc.com

DO YOU HAVE CHRONIC PAIN?

CDPC™
CANADIAN DECOMPRESSION & PAIN CENTERS

Over 150,000 Treatments Given Across Canada

For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed treatment protocol called **Neuro-Decompression**. In 2006, the technology used at CDPC won the Australian Design Award in the "Medical and Scientific" category. This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. Results are usually **long lasting**. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly). **Neuro-Decompression** is a three-phased system that was developed by CDPC doctors.

How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Are People Saying About the Treatment?

I read the ad in the paper – I thought this would be fantastic! I am completely off all medication and feel like a 20 year old. Thank you for giving me my quality of life back! The staff are the friendliest, nicest, most compassionate people I have ever met in a clinical environment!

- Denise B., Calgary

To anyone out there... if you are in need of back surgery... do yourself a favour and check out decompression! I can't stress it enough... IT WORKS! They are great, wonderful people who care about your well-being.

- Andrea S., Victoria

I always had back problems for 10 years and everyday got worse. But in Sept. 2009 I saw CDPC and started treatment. I felt better after the first treatments, and now after five treatments, I feel a good improvement. It is less painfull, I sleep better at night, and most improvement is that I can walk with no pain.

- Johanne T., Vancouver

I have had 6 sessions with CDPC. The pain (which I have endured for the previous 15 years) has almost completely dissipated. As well, my posture has noticeably straightened. I anticipate a complete and lasting pain-free existence once the balance of treatments has been completed.

- Michael P., Vancouver

I have had a lot of problems with my lower back and with my sciatic nerve... I heard about CDPC and made an appointment... I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone have lower back problems.

- Kenneth R., Edmonton

I will be forever grateful…the pain was excruciating and debilitating…I used to tell my friends and family that if I could cut off my leg I would…And then a miracle happened. I made an appointment for a consultation. The rest is history!!!! I have not had a painkiller in weeks…I am actually looking forward to being able to dance again.

- Rhona K., Calgary

You may qualify for a research study:

- 18 to 65 years old
- experience chronic neck and low back pain
- have tried at least 2 medications prescribed by your doctor to prevent pain

Certain patients will be seen by doctor and receive study care with costs partially or fully subsidized.

CONDITIONS TREATED:

- Disc bulge or Herniation
- Spinal Stenosis
- Sciatica
- Neck Pain
- Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
- Scoliosis

CDPC™
CANADIAN DECOMPRESSION & PAIN CENTERS

FREE CONSULTATIONS

Burnaby - 9600 Cameron St. - **604.421.2372**
South Surrey - 1663 128th St. - **604.541.8480**

Call Today or Book Online!
For more information please visit: www.canadiandecompression.com